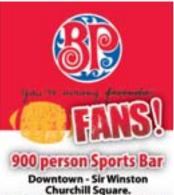
ADVICE FOR MAKING IT ALL WORK FOCUS ON CONTINUING EDUCATION (pages 22-28)





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CANDICE WARD/FOR METRO

Citizens honoured by police

Scott Brimacombe, 18, was among a number of people recognized by the Edmonton Police Service for going above and beyond to help preserve or protect the lives of others. Story, page 4.

Horror in Cambodia

Hundreds trampled to death in stampede at festival {page 6}

Canuck slugger named NL MVP

Reds' Joey Votto grabs National League's top honour {page 29}

Sherman stands his ground

 Ousted Edmonton Tory MLA says he won't stop advocating for patients
 Will sit as an Independent
 Tory whip calls ouster 'an issue of caucus discipline'

A member of the Alberta legislature who was suspended from caucus yesterday for criticizing his government colleagues over health care is refusing to back down.

"I'm not quitting and I'm not crossing the floor and I'm not going to stop advocating for patients," said Edmonton Conservative and emergency room physician Raj Sherman. "For me, it's a matter of principle. I took an oath as a physician. It's a covenant that I make to patients. I have a moral and ethical duty to report to the public what's happening."

Tory whip Robin Campbell confirmed that Sherman, parliamentary assistant to the health minister, will be off the government's benches until he meets certain conditions, although Campbell wouldn't say what those conditions are.

"Raj was given some direction. Those directions were not followed," said Campbell. "Raj knows what he has to do."

Sherman, who said he hadn't decided what his next move would be, didn't sound in a retracting mood yesterday.

"The government knows what it has to

Health saga

In an email last week that became public, Sherman ripped both his government and Premier Ed Stelmach for their handling of the health file.

- He later apologized for the missive and shifted his attacks to the bureaucrats who run the system. Then, on Friday, he turned his guns on former health minister — now energy minister — Ron Liepert. Sherman called him rude and offensive to front-line health staff.
- Last week's firestorm intensified when AHS CEO Stephen Duckett refused to speak to reporters on how to improve ER wait times. A snacking Duckett was chased out of the building by reporters and across the street as he waved them off with repeated comments that he was busy "eating a cookie."

do to stop me from advocating," he said. "The system must be fixed."

THE CANADIAN PRESS



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Expo 2017 won't come to Edmonton

Estimates pegged Expo cost at
\$2.3 billion → Bid could not survive without government support



Edmonton's bid for the 2017 Expo is dead.

The federal government announced yesterday that they would not financially back Edmonton's bid for the World Fair.

"I've never been as mad at anything. Just so disappointed at the lack of vision at the government," said Mayor Stephen Mandel. "That was a game

"That was a game changer for our city, our province."

In a letter received from MP James Moore, minister of Canadian heritage, he says the Expo "is a financial risk we are not prepared to take at this time."

In the letter, he also states that the decision was made with the taxpayers' interests in mind.

"This decision is frankly

Expo bid

- ➤ The city of Edmonton was seeking \$706 million from the federal government.
- Calgary opted not to bid on the Expo after learning of Edmonton's bid

wrong and extremely shortsighted," said Mandel.

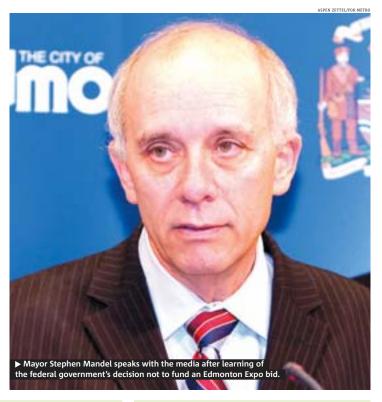
Not everyone is upset about the news, though.

"Thank goodness, someone has got fiscal sanity in this country," said Scott Hennig, spokesperson with the Canadian Taxpayers Federation. Although Hennig did

Although Hennig did not condemn all that the Expo would have brought to Edmonton, he agreed with the feds that the price tag was just too high. "This isn't going to put

"This isn't going to put us on the map," said Hennig.

WITH FILES FROM ASPEN ZETTEL



news



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Allan Small tells investors why guaranteed investments may not be as sound as they seem. More at metronews.ca/ investing



Councillor in recovery mode

An Edmonton city councillor is expected to fully recover after suffering a mild stroke over the weekend.

Ward 7 Coun. Tony Caterina checked himself into the University of Alberta Hospital after experiencing minor symptoms.

"Ĥe is in good spirits and everything is looking good," said Caterina's executive assistant and son Rocco Caterina.

Caterina is expected to be released from hospital as early as tomorrow.

"He is itching to get out already," said Rocco.

Caterina will remain at home on bed rest for at least a few weeks, his son

Although he will not be in council in person, he will be phoning in to work.

CANDICE WARD



News in brief

Seven hurt in home invasion

ATTACK. Seven people were taken to hospital Sunday after two men wearing balaclavas stormed into a Didsbury home and deployed a can of bear spray. The men then attacked three of the occupants with a hammer and hatchet. RCMP

believe the occupants were specifically targeted.

METRO

City to share LRT plans

TRANSIT. The city will share its recommended concept plan for future West and Southeast LRT lines in a series of info sessions over the next eight days. Times and locations are listed at edmonton.ca.

● METR



'Everyone calls him hero'

Scott Brimacombe was only 17 at the time of deadly explosion Brimacombe, 19 other Albertans honoured for heroic acts



Anyone who knows Scott Brimacombe calls him a

Brimacombe, 18, along with Claudio Frigo and Matthew Gilbert, was honoured by the Royal Canadian Humane Association vesterday for acts of bravery during a deadly June house explosion in

Damage

- Twenty nearby houses in the community of Lago Lindo were extensively damaged by the blast.
- The deaths of three of the four victims were determined to be homicide.

north Edmonton. The explosion killed four people.

"I am honoured that they thought I deserved one," said Brimacombe.

When the blast rocked the community around 180A Avenue and 91 Street, the three men ran towards ground zero to look for survivors.

"I wasn't really thinking about it, I just ran in knowing people needed help," said Brima-

Brimacombe rescued an elderly woman in a neighbouring home from a pile of debris and helped her out through a shattered window.

He then helped Frigo and Gilbert rescue a mother and child from another neighbouring home.

Brimacombe

Gilbert were given the silver medal for their acts of bravery and Frigo was honoured with the bronze.

The silver is given to those who engage in a meritorious rescue, where significant danger is involved, while the bronze is

awarded to those who risk a fair amount of danger associated with rescue.

The gold is reserved for those who lose their lives or have been severely injured during a rescue.

"I am good with the silver medal," said Brima-

Since that day, Brimacombe has noticed a stronger sense of community. "Now people will wave to each other," he nity. said.

18, shows off the medal he was awarded for his acts of brave in the June 20 house explosion on 180A Avenue and 91 Stree

Brimacombe has also become a well-known figure in the community since the rescue.

"Everyone calls him hero," said Brimacombe's older brother Andrew.

An admirer even gave him a fitting gift after the incident — a Superman



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News in brief



Keith, Dunn to headline country fest

MUSIC. Hold on to your cowboy hats — the 2011 lineup for the 19th Big Valley Jamboree has been released.

The music festival will feature Toby Keith and Ronnie Dunn headlining the list of acts scheduled for the Jamboree running from July 28-31, 2011 in Camrose, Alta.
The kickoff party will

showcase Sawyer Brown, Dean Brody, and Shane Yellowbird.

For more information, visit www.bigvalleyjamboree.com.

Remains of missing woman discovered

DISAPPEARANCE. The discovery of human remains has closed a missing person's case in Edmonton.

The remains of Melanie Jerome, 47, were discovered Nov. 12 near the North Saskatchewan River near Elk Point. The discovery was made by a group of hunters.

Jerome was last seen on July 14 at her northside home and was reported missing two

The remains were identified by the Edmonton medical examiner and police are not suspecting foul play.

Police warn of sex offender

CRIME. Police are issuing a public warning following the release of a man they consider to be an untreated sexual and violent offender, who is a particular danger to chil-

Deven Barney Hoist, 22, has been convicted in the past of trying to abduct a child, and was recently released after serving a sentence for breach of recognizance.

Be ready to pay up for a seat at the **Grey Cup**

Now that the match-up is all that's left to determine is who'll fill the 62,000 seats of Commonwealth Stadium this Sunday.

Tickets for the fastest Grey Cup sell-out ever have begun flooding online auction sites.

However, competition in the market — not to mention weather — is driving down ticket prices. The average price on eBay for a pair of tickets to Sunday's event is now \$600. **⊚ METRO**

\$5,000 The priciest pair of Grey Cup tickets on Kias of yesterday.





ROYAL ROADS UNIVERSITY



Making homes for surplus of feline friends

Cats account for over 65% of Humane Society's animals Owners wishing to surrender are asked to wait



The new Humane Society facility gleams with clean floors, roomy pens and sunlight, but the number of animals in need of adoption is nothing less than overwhelming. The Humane Society is currently home to almost 700 ani-

"Our kitten season peak is still happening, which is unusual," said Shawna Randolph, head of communications for the Edmonton Human Society. "Out of the almost 700 animals,

Number of cats and able for adoption at

kittens currently availthe Edmonton **Humane Society**

460 are cats or kittens." The Wish Upon A Whisker Wednesday promotion has been running for the past four months. Adoption rates tend to spike on these days.

"One select Wednesday a month, we pick a different type of cat and we waive the adoption fee for that day," said Randolph.
"On Wednesday, Dec. 1,
from 2 p.m. to 7 p.m., we are going to focus on our winter white beauties so any cat with white on

With the society teeming with cats, owners surrendering their cats are being asked to hold onto them for a few more days, so that more room can be made. There are also lots of puppies coming up for adoption in the next couple of days. Visit edmontonhumanesociety.com for more information.

FIINDING INITIATIVE

Crooks' loss **becomes** city youth's gain

Criminals are now contributing members of society, albeit unintentionally.

Some Calgary- and Ed-monton-based community programs that support at-risk youth are receiv-

ing new funding from the forfeiture and sale of criminal property. Nine youth programs will receive \$150,000 in funding from the new Civil Forfeiture Fund.

The Victim Restitution and Compensation Act was established in 2008 as a long-term vision to support victims of criminal activity. Over \$19 million in property related to criminal activity has been seized and is expected to generate \$2.5 million in support.

Province reports tax shortfall

Numbers from the Alberta government suggest last year's recession was a lot tougher on the province than anyone thought.

The government's second-quarter fiscal update shows that income tax revenue this year is likely to be more than \$1.1 billion less than expected.

THE CANADIAN PRESS

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Cambodian fest turns tragic

Celebration in capital city turns into chaos on final day ● Hundreds reported dead and injured

Thousands of people stampeded during a festival in Phnom Penh last night, leaving more than 345 dead and hundreds injured.

The crowd — who were celebrating the end of the rainy season on a sliver of land in a river — tried to flee over a bridge and were crushed underfoot or fell over its sides into the water.

Prime Minister Hun Sen said on television that it was the worst tragedy to strike the country since the communist rule of the Khmer Rouge, whose radical policies are blamed for the deaths of 1.7 million people during the 1970s.

He ordered an investigation into what caused the stampede and declared Thursday a national day of mourning.

THE ASSOCIATED PRESS

Pushed to panic

Authorities estimated more than two million people would come to Phnom Penh for the threeday festival to see boat racing.

- ➤ The last race ended early last night, and the panic started later on Koh Pich -Diamond Island — a long spit of land wedged in a fork in the river where a concert was being held.
- ➤ The panic began when about 10 people fell unconscious in the crowd. The chaos led to a stampede, with many people caught underfoot.
- A witness who arrived at the scene half-an-hour after the stampede described the scene as "bodies stacked on bodies."



Privacy key for William's princess-to-be

When Prince William popped the question, he made fiancée Kate Middleton one of the most-photographed, most-pursued women in the world.

Since the announcement of the engagement, Middleton has adorned front pages and websites around the world, photographed showing off her ring and checking out a possible wedding venue, Westminster Abbey.

William is determined she will not suffer the hounding experienced by his mother, Diana. But protecting her may be difficult in the face of insatiable media interest.

"She's the main event now," said Max Clifford, Britain's best-known celebrity publicist "She's got to eat, breathe, drink and sleep 'What's good for the royals, what would be bad for the royals?'"

She may be marrying a future king, but many British people say they don't envy Middleton.

"I feel bad for the poor girl," said Kayla Healey, 25, a social worker from Brighton in southern England. "She's been able to stay out of the limelight pretty much the entire time and now she is going to be absolutely bombarded."



She has a good guide in William. The 28-year-old grew up publicly and seems to have coped well. William appears comfortable in front of the cameras, but

has a deep-seated mistrust for the media after his mother was pursued by paparazzi until her death in a Paris car crash in 1997.

The scrutiny endured by Britain's royals is partly the reason William waited so long to propose to Middleton, who he has been linked to since 2004. In an interview this week, William said he "wanted to give her a chance to see in and to back out if she needed to before it all got too much."

"I'm trying to learn from lessons done in the past," he said.

THE ASSOCIATED PRESS

A Royal pain

The rules of the media game have changed since Lady Diana's death, for which many hold the press at least partly responsible.

- A coroner's report found that she died due to both "grossly negligent driving" by her driver, who was drunk, and the paparazzi who were following.
- Since Diana's death the Royal Family has become more willing to go to court, where British privacy laws have been strengthened.



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By Jamie Golombek Managing Director, Tax and Estate Planning, CIBC

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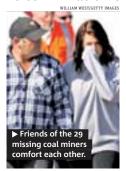
Breakdown delays mine rescue effort

♠ Mechanical issues hamper attempt to locate missing miners ♠ No confirmation of survival yet

The bid to rescue 29 New Zealand coal miners trapped underground by a massive gas explosion ran into more problems today as a mechanical robot broke down inside a tunnel and hard rock layers slowed progress on drilling to test the air.

Police Supt. Gary Knowles said the army robot sent in to transmit pictures and assess toxic gas levels was damaged by water and is out of commission. Authorities were urgently seeking other such robots from West Australia and the U.S. to replace the broken one, Knowles said.

"I won't send people in to recover a robot if their



lives are in danger," he said.
"Toxicity is still too unstable to send rescue teams in"

Making matters worse, the drilling team boring into the mine tunnel had hit "very hard rock" overnight, Knowles said.

The police superintendent's statements came as rescuers waited impatiently for a chance to test whether air quality underground was safe enough for them to go in to pull out the miners, who have been trapped for nearly five days.

Family members have expressed frustration with the pace of the response as officials acknowledge it may be too late to save the miners, who have not been heard from since a massive explosion ripped through the Pike River Mine on the country's South Island on Friday.

THE ASSOCIATED PRESS



Court considers prostitution law

Bowing to speculation that Canada will be plunged into a wild social experiment in prostitution if a landmark court ruling stands means turning a blind eye to violence against sex-trade workers, court heard yesterday. It's now up to an Ontario Appeals Court judge to decide if what amounts to decriminalized prostitution should come to the province, as another judge ruled, or if the ruling should be put on hold to allow Parliament to craft stop-gap measures.

Don't allow polygamy, B.C. warns judge

A lawyer for the British Columbia government is warning a judge that declaring polygamy a protected religious practice would make Canada the only Western country to allow multiple marriages.

The British Columbia Supreme Court is examining whether banning polygamy violates the Charter of Rights and Freedoms in a case that will focus on the small polygamous community of Bountiful, B.C.

Craig Jones, a lawyer for the province, says he'll present expert evidence suggesting the decline of polygamy has been "inextricably entwined" with the growth of Western democracy and equalitybased societies.

Jones says all forms of polygamy contribute to the discrimination of women and the sexualization of young girls.

He says that during the hearing, the court will hear evidence that polygamy in Bountiful and other fundamentalist Mormon communities in the United States leads to child brides, teen pregnancies and the trafficking of young girls.

The B.C. government asked the court last year to decide whether Canada's polygamy laws are constitutional after repeated failures to prosecute the two leaders of Bountiful.

THE CANADIAN PRESS



No TV

 A B.C. Supreme Court judge has turned down a CBC application to televise proceedings at the hearing.

Before opening statements from the Crown began, the court heard an application calling for the right to broadcast the proceedings on the Internet, radio and TV, which would be a first for a B.C. court hearing.

But Justice Robert Bauman turned down the request, citing the lack of consent from the attorney general of Canada — even though the attorney general of B.C. agreed to allow the CBC to provide pool coverage for all Canadian broadcasters who were interested.

29 Chinese miners lifted to safety

All 29 miners trapped in a flooded Chinese coal mine were lifted to safety yesterday, ending a daylong rescue drama, state media reported. The miners were trapped Sunday morning after the small Batian mine in southwest Chinas Sichuan province suddenly flooded.

Rescuers initially thought only 28 were trapped but made contact with the workers and revised the figure upward to 29. China's mines are the deadliest in the world, with more than 2,600 people killed in coal mine accidents in 2009 alone. THE ASSOCIATED PRESS

Boy briefly detained

A 13-year-old U.S. boy campaigning to turn the demilitarized zone between North and South Korea into a peace park tried to get the Chinese president's attention yesterday, staging a brief protest near Tiananmen Square before being led away by police. Jonathan Lee unfurled a sign saying "peace treaty"



and "nuclear free DMZ children's peace forest" as he stood near the square in central Beijing. Police held Lee and his mother for a few hours

THE ASSOCIATED PRESS

Anti-bullying legislation passed

A New Jersey law against bullying in schools, which advocates call America's toughest because it requires schools to develop anti-harassment programs,

was approved yesterday.
The state General Assembly and Senate both passed the bill overwhelm-

ingly and sent it to the desk of Republican Gov. Chris Christie.

The bill would require anti-bullying programs in public schools and language in college codes of conduct to address bully-

THE ASSOCIATED PRESS

Baby boomers can't get no satisfaction

▶ 56% of women say sex-drive has decreased with age

Baby boomers in the U.S. are the unhappiest age group when it comes to their sex life.

Yet, a majority of boomers think they have learned just about all there is to know on the subject and more women than men are confident of their knowledge — according to a new Associated Press LifeGoesStrong.com poll.

Among people aged 45 to 65, 59 per cent of women think they know all about sex, while just 48 per cent of men share that confidence level.

"I don't think a single person in the whole world knows all there is about commented Debby Herbenick of the Center for Sexual Health Promo-

Sexual divide

The 60s heralded the sexual revolution, but has that generation maintained its appetite?

- The APLifeGoesStrong poll found that of those aged 45 to 55, 48 per cent of men complained that their partners do not want to have sex as often as they do, while just 13 per cent of women in that age group said the same.
- The poll also found that with baby boomers, 28 per cent of men and 21 per cent of women are dissatisfied with their sex lives.

tion at Indiana University.

"Women historically have more resources," to learn about sex, noted Jennifer Bass, director of communications at the Kinsey Institute for Sex, Gender and Reproduction.

Among age groups, baby boomers are the unhappiest with their sex lives. Some 24 per cent say they are dissatisfied, compared with 12 per cent of 18 to 29 year olds, 20 per cent of 30 to 44 year olds and 17 per cent of those over 65.

Seventy-two per cent of men aged 45 to 65 have fantasized about having sex with someone other than their sexual partner, compared with 48 per cent of women

THE ASSOCIATED PRESS



A sight for sore eyes in Connecticut

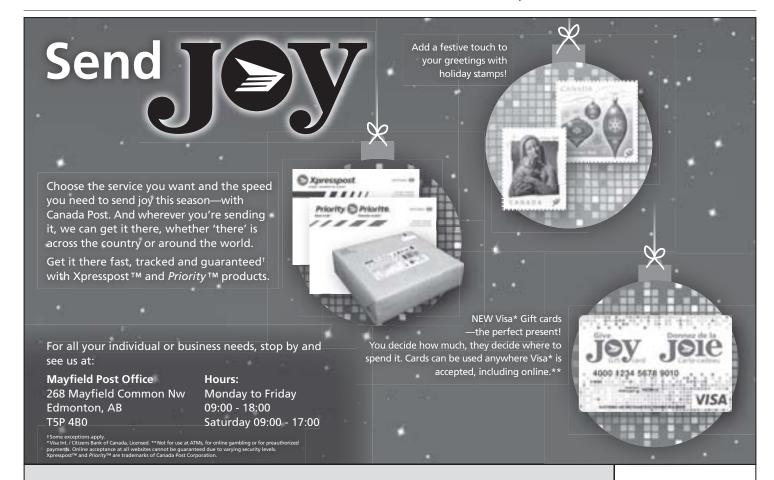
With the war in Afghanistan showing no sign of subsiding, it has been a week to remember for the members of the 1st Battalion who returned home over the past few days. More than 600 soldiers in total have returned according to Col. John Whitford, director of communications for the Connecticut National Guard.

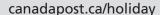
10^{A string of 10} such robberies in early October led to the firing of 19 police battalion lead-

Gunmen trap drivers

Armed men who used roadblocks to trap and rob drivers shot and killed a man over the weekend in Rio de Ianeiro when he refused to

stop his car. The city's governor said public safety officials were planning an organized response to the attacks. THE ASSOCIATED PRESS









Buy your doughnuts on debit ... finally

The death of DVDs?

Tim Hortons lovers rejoice

After years of steadfast resistance, Tim Hortons Inc. is bowing to consumer pressure and will now accept debit-card payments in the bulk of its Canadian stores, Torstar News Service has learned.

Canada's iconic coffee chain, which is set to announce its national debit rollout today, says customers have been increasingly asking to pay with their bank cards.

The move comes about three years after the company first gave consumers the option of paying by MasterCard and a reloadable Tim Card.

With non-cash payments the wave of the future for restaurants, Tim Hortons is finally confident the technology won't slow down its service.

"Debit is a very popular form of payment in Canada," said chief operations officer Roland Walton. "We see it as a great opportunity to give the guest what they are looking for."

Mark O'Connell, president and CEO of Interac Association, said the expansion means the end of fumbling for loose change:

"Customers will no longer need to worry if they have cash in-pocket when they buy their morning coffee or donuts for the office."

Interac debit will now be accepted in about 90 per cent of its 3,082 Canadian locations — both in store and at the drive-thru. The only notable exceptions will be certain standalone kiosks that are not equipped to accept electronic payments.

The company introduced debit payments to Alberta in 2003 and later expanded the option to stores in both British Columbia and Saskatchewan. TORSTAR NEWS SERVICE



Big spender no longer?

Flaherty says feds can't risk economic recovery

Ottawa will continue to cut business taxes to spur job creation but plans no major new spending programs in the coming budget as it tries to tame the deficit, says Finance Minister Jim Flaherty.

In a speech yesterday, Flaherty said the federal government will move ahead with plans to reduce taxes for small and medium-sized businesses next year, part of legislation passed in 2007.

Flaherty said an academic study of the plan concluded it would lead to \$49 billion in greater capital investment and 233,000 new jobs in Canada in the years ahead.

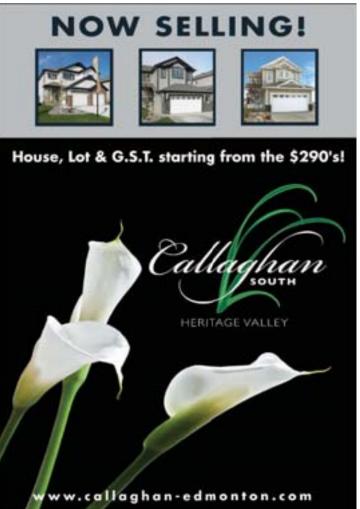
"To increase taxes on businesses now, as some of our opponents are proposing, would put hundreds of thousands of jobs in jeopardy at a time when our economy remains fragile," the minister told the Oakville Chamber of Commerce as part of his prebudget consultations.

The 2011-12 federal budget is expected in late February or early March. Ottawa will begin to pare down its deficit bginning this year with spending restraint and waste elimination. THE CANADIAN PRESS

Bernier's view

In Montreal, Conservative MP Maxime Bernier predicted Flaherty will table a tough budget next year.

Bernier said: "We will have to cut spending without increasing taxes, without cutting transfers to provinces and we will have to look in our own court and we will do it."



Market moment T5X Dollar -27.32 + 0.05c (98.28c U5) Oil Natural gas 1,000 cu ft \$4.271 (+10.7c) Gold

Wireless printing for iPad

Apple says new software made available yesterday will allow owners of the iPhone, iPod Touch and iPad to print wirelessly over Wi-Fi networks.

The update will also allow iPad users to switch quickly between applications for the first time, a feature that had already been available on recent models of the iPhone and iPod. THE ASSOCIATED PRESS

Bad Apple

The company's mobile gadgets don't have ports for hooking up with printers or USB drives.

Shoppers sued by owners

Shoppers Drug Mart Corp. says it's being sued for \$1 billion by two of its licensed associate-owners, who are alleging breach of contract by the Toronto-based pharmacy company.

Shoppers announced few details of the alleged

infractions except to say the plaintiffs, who are seeking class-action status, claim that Shoppers collected or kept money or benefits beyond what was contractually permitted.

The company, which has a network of independently owned stores operating under the Shoppers Drug Mart, Pharmaprix, Shoppers Simply Pharmacy and Pharmaprix Simplement Sante banners, says it be-

lieves the claims are without merit.

If the suit is granted class-action status, the plaintiffs and their lawyers would sue or negotiate on behalf of all Shoppers associate-owners and share any compensation among them.

At the beginning of October, Shoppers had 1,181 stores owned and operated by associated pharmacists.

According to information previously filed by the company with regulators with its third-quarter results, Shoppers provides the capital and financial support to enable the associates to run the business without any initial investment.

In return for getting services from Shoppers including use of its various trademarks, the associates pay fees that represent "a substantial share of associate share profits," according to the filing. THE CANADIAN PRESS

MOM AND DAD, IS THAT REALLY YOU?

She says ... **TESSICA** NAPIER

I hate to admit it, but my parents are 100 per cent cooler than me and they always have been.

have a beautiful retro photograph of a 24-year-old version of my mother wearing high-heel clogs posing against a motorcycle somewhere off the 101 freeway in California. Every time I look at it I wonder, who is that hot young thing and why the hell did she throw away those gorgeous shoes? All of the old Polaroids of my long-haired, short-short wearing father evoke the same sort of

Are these people really my parents?

As children it's hard to imagine, but the older we get the more we come to realize that,

yes, mom and dad did have a life before we came along, and it was pretty awesome.

As I rummage through the photo albums of my parents' past

. I can't help but feel nostalgic for them and also a little bit guilty. Am I responsible for turning these freewheeling cowboy-boot wearing flower children into responsible adults with a mortgage and a minivan?

Crowd-sourced photo blog mypar-

entswereawesome.tumblr.com/ celebrates the lives of moms and dads before the house in the suburbs and the sensible footwear. Creator Eliot Glazer asks contributors to submit photographs of

parents when they were superawesome." The result is a beautifully curated collection of weathered images that feature feathered hair, outrageous fash-

"Theirs was

a passionate

generation

that embraced

recreational drug

use, free love

and real political

activism."

ions and plenty of oversized glasses.

Growing up in the '60s and '70s, our parents couldn't help being hip. Theirs was a passionate generation that embraced recreational drug use, free love and real political activism. They had better music, bet-

ter clothes, better facial hair (outstanding Movember 'staches aside) and probably a lot more

What do we have? Sky-high rent, digital friendships and bed-

bugs.
To this day I know my parents still are a little bit cooler than I'll ever be (even though they still own that minivan). I'm pretty sure that had we been the same age in their youth they wouldn't have even hung out with me. Back then they were rebellious hippies that travelled the world. Today, they're just greying versions of those same adventurous people.

I did eventually get myself a pair of clogs. I thought they were pretty great. When I showed them to my mother she just rolled her eyes and laughed, Those are nice darling, but I had the originals."



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

Sink your teeth into this



Worth mentioning

With their pointy teeth and fearsome reputations, sharks may not be the best poster child for species in danger, but environmentalists say the predators are in dire need of protection.

Marine experts and conservation groups hope an Atlantic conservation conference in Paris this week will bolster what they say are disastrously inadequate rules on shark

Conservation group Oceana wants delegates to toughen the existing ban on shark-finning - the practice of slashing prized fins off the animals and tossing them overboard to



die - as well as prohibiting the capture of some threatened Atlantic sharks and setting catch limits for others.

Conservation groups say the rise of Asia's middle class, combined with the continent's penchant for pricey shark fin soup, a traditional delicacy, has turned sharks into a lucra-

"It's time the world looks at sharks and starts to set serious measures to save them, otherwise these creatures that have been around since before the time of the dinosaur will quickly go the way of the dinosaur," said Matt Rand, director for global shark conservation at the Pew Environment Group. THE ASSOCIATED PRESS

Is 3-D just another fad or here to stay?

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Metro Minute at twin concerts

Windy, wintry days are best spent indoors. So stay inside and double up on tonight's twin concerts by the University of Alberta's Concert Band and Symphonic Wind Ensemble, where the wind is warm, melodic and instrumental. Dr. Angela Schoeder directs both programs, as U of A performance students take on the challenging

works of contemporary composers including Frank Ticheli, David Maslanka and Michael Daugherty. Tonight's concerts precede tomorrow's free backstage tour and ESO info session, which takes place at noon at the Winspear Centre. Students and seniors rediscounts ceive tonight's event.





Nickelback



Chad Kroeger and Nickelback were among the big winners at the Society of Composers, Authors and Music Publishers of Cana da awards yesterday They won for the songs Gotta Be Somebody and If Today Was Your Last Day. Other winners at the annual awards included Johnny Reid, The Road Hammers. George Canyon, Doc Walker and Great Big Sea. Spirit of the West was presented with the National Achievement Award for its career. METRO

A Disney princesssized dream: Moore

▶ In animated movie, her character Princess Rapunzel is much more than the damsel in distress, Mandy Moore says ▶ Rapunzel story has a feminist streak



METRO WORLD NEWS IN HOLLYWOOD

The classic tale of Rapunzel gets reincarnated once again in Tangled, Disney's 50th animated feature. Renamed because the studio felt last year's The Princess and the Frog would've fared better had it not had the word Princess in the ti-

tle, Tangled infuses the classic story with a strong feminist streak, with former pop-star Mandy Moore taking on the lead role.

"You can't get more classic than being part of a Disney animated film," Moore says. "For me, that's something I'll have in my back pocket for the rest of my life and I feel so honoured, so lucky, to think this film will be around

"To be a Disney princess in a Disney film, it has been a total dream come true."

MANDY MOORE, TANGLED

long after I'm gone."

And it wasn't just career bragging rights that drew-Moore to the project. "I loved having the opportunity to portray a young woman who is so fearless," she says. "She's not a victim, she's not naïve; she's open and warm, engaged and spirited and ready to embrace the unknown, whatever comes her way. What I knew about Rapunzel was the sort of damsel in distress who lets down her hair so the prince can save her, and our story kind of flips that on its head."

Moore facts

Disney's 50th animated feature showcases Mandy Moore as Rapunzel.

Pop hits

Moore launched to fame in the late 1990s after releasing pop album I Wanna Be with You.

Background

Born Amanda Leigh Mandy Moore on April 10, 1984,

Teaching a lesson through a tale of violence



NED EHRBAR

METRO WORLD NEWS IN HOLLYWOOD

Billy Bob Thornton isn't exactly pleased with what's been coming out of Hollywood lately — to put it lightly.

"In our current state of affairs, especially in the entertainment business, we're living in a time when we're making — in my humble opinion — the worst movies in history," Thornton says.

"They're geared toward the video game-playing generation. And these video games, which I'm on "Most movies are about vampires and 3-D or fantasy movies and war eagles and all these kinds of things."
BILLY BOST THORNTON

my son about constantly, these games are people killing for fun, and I think traditionally in movies there's always been some kind of lesson in the violent movies."

It's that idea of a lesson that drew him to his latest film, Faster, a violent tale of an ex-con (Dwayne John-



son) on a bloody quest for revenge against the people who set him up. Thornton stars as a heavily flawed cop on his trail. "This movie doesn't say, 'Oh, here's this fun guy and we're going to do this tongue-in-cheek character right out of a video game who likes to destroy things' and all this kind of thing.

"This movie actually shows what prisons create, what murder creates. It shows this perpetual, violent string of events," he

Thornton's character, simply named Cop in the film, has plenty of issues,

including drug problems and an ex-wife threatening to strip him of custody to their son.

"One of the flaws in most commercial action movies is that the characters are usually not very developed," Thornton says.

"A lot of times you'll have the movie-star hero and then some bad guys who are just there to be killed by the hero, and they're nameless, faceless people. And as a result, you're usually not afraid of them because you don't see them ask somebody to pass the salt, you don't see them with their kids."



Feist set to record her fourth studio album

Dut singer cagey about new songs at T.O. premiere of her documentary

Leslie Feist says she's heading into the studio this winter to record her long-awaited fourth studio album, but declined to provide any further details on the new material during a public appearance in Toronto on Sunday.

Speaking at a packed question and answer session at the Royal Ontario Museum following the Toronto premiere of her documentary Look at What the Light Did Now, Feist seemed reluctant to discuss her first album of new material since 2007's Grammynominated breakout hit, The Reminder.

"That's like asking what colour my underwear are," she responded when host George Stroumboulopoulos asked how many new songs she had written.

"I would rather just remain silent."

After the CBC-TV host persisted, she added: "Yes, of course I'm going to make a record this winter." The news was greeted

The news was greeted with cheers from the 400plus fans who attended the premiere, a group that included Barenaked Ladies drummer Tyler Stewart and Juno-nominated

singer/songwriter Howie Beck.

Feist — a Calgary native who moved to Toronto in the '90s — noted the enthu-

siastic support of the "hometown" crowd who lined up outside on a chilly evening to see Look at What the Light Did Now.

The documentary — directed by Anthony Seck, a music-video auteur who has helmed videos for Broken Social Scene, Black

Rebel Motorcycle Club and Stars, and who was also present at Sunday's chat — delves into the creative process behind each element surrounding The Reminder including its attention-grabbing music videos, intricate stagecraft and the recording of the

music itself.

The film features interviews with choreographers, photographers, lighting designers, songwriters, music-video directors, producers, shadow show designers, visual artists and other musicians, as well as, of course, Feist, who said she wanted





to make the documentary in part to reveal just how many people were collectively responsible for the album's success.

"The project carried my name ... but they were kind of carrying me through the whole thing," said Feist, clad in a lightweight grey sweater and a black skirt.

The 77-minute film documents Feist's journey from the scenic studio in France where the album was recorded to a red-carpet interview with Kermit the Frog before the Grammys and appearances on Saturday Night Live and The Colbert Report, though these images are fleeting.

More time is spent with

"Not that I ever might have the choice again, but I wouldn't rush to play big, giant places like that again."

LESLIE FEIST, REFERRING TO
TORONTO'S AIR CANADA CENTRE

the international crew who conceptualized various dimensions of Feist's album, videos and live performances.

A common topic among Feist's collaborators is her attempts to avoid the spot-

THE CANADIAN PRESS

Gorillaz headed back to their cages

• Musician Damon Albarn and his virtual band wrap up arena tour

Damon Albarn, the key creative force behind the Gorillaz, isn't a big fan of the way record labels treated music videos in the past.

"They never really got it together to commercialize video production in the way that they got it together with (songs and CDs)," Albarn said. "I think that was a bad precedent that the musicians just gave away visuals endlessly for nothing."

Today, music videos aren't just played on channels like MTV and BET, they're being sold on iTunes, and have a much larger presence on the Internet.

But Albarn says the lack of those kinds of methods

in the past is part of the reason why the cartoonbased Gorillaz are around now.

"Our reason for existing was primarily to try and put some new energy into that whole idea of what music and visuals can do together," he said.

Albarn and his virtual band just wrapped up an arena tour this month, which saw them promoting their latest critically acclaimed disc, Plastic Beach.

The 42-year-old English musician — whose musical credits include Blur and The Good, the Bad & the Queen — talked about the band's success in a recent interview with The Associated Press.

You've collaborated with acts like De La Soul, Bobby Womack, Lou Reed and Ike Turner. How are these unions coming about?

It's quite a lateral process. It just sort of, people arrive in my head. I don't know. I do my best to contact them. But I don't write with them in mind ever. I think that would be a disaster.

Who else would you like to work with?

Lots of people. I mean, probably most notably Barry Gibb, who I tried to get on Plastic Beach but it didn't work out in the end.

When you were creating Gorillaz, did you think it would become a success? I don't think we imagined we'd be playing Madison Square Garden. It was a kind of one-off, fun idea when we started.

And then we thought, "Well that's the end of it anyway." And then we sort of a few years later just kind of started again and then we thought that was the end of it.

What is it about your music that resonates with listeners?

It's got so much more than conventional pop music because it has this entire multimedia, visual narrative aspect, which is almost impossible to have something like that if you're just four guys onstage.

THE ASSOCIATED PRESS.



Split Cox's

While her marriage to David Arquette has been going through a very public meltdown, Courteney Cox has been putting on a brave face, her Cougar Town co-star Josh Hop-kins tells People magazine.

He says the hardest part of the public attention has been Cox's daughter, Coco, noticing.

The day that the news of the separation broke, there were paparazzi outside of their house, and they were taking pictures when Courteney took Co-co to school," Hopkins says. "Coco sees these things,

METRO

hard on Just call daughter her Your Highness'

Miss Middleton lets it be known: There will be no Princess Katy

Now that she's engaged to Prince William, Kate Middleton is reportedly losing the nickname and going by Catherine, according to Us Weekly.

And it's not a request that came from William's royal family.

'This was not a request by any officials or the

Palace. It's a concerted effort from Kate to be taken more seriously," royals expert Katie Ňicholls tells the magazine

"It also dumps the stupid 'Waity Katy' nickname. "'Waity Catherine' doesn't have quite the same ring to it."





Pink [APink] Hahahaaahahaaaaa I can't believe people are

mad because I don't think Sarah Palin should be in the rock n roll hall of fame.

Jessica Alba [@jessi-



alba] Getting some Xmas shopping done -what are ur fav eco

gifts 4 kids? Women? Men?

Ben Stiller [@RedHour Ben] Shooting on a



rooftop in Queens, Another beautiful day. But it is getting colder by the





Cyrus' parents' divorce.

Talking points

Lohan can't go home for **Thanksgiving**

FAMILY TIME. Lindsay Lohan's bid to leave the Betty Ford Center and fly home to New York for Thanksgiving failed, so the troubled actress will be spending the holiday in California with her father, Michael Lohan, according to TMZ.

Michael has been staying in a home near the rehab centre, and while he's been trying to convince ex-wife Dina Lohan and their other children to join them in California to celebrate, Dina reportedly isn't interested.

♠ METRO

Sheen denies he was violent in New York Citv

LEGAL. Charlie Sheen's lawyers say adult film actress Capri Anderson's claims that the actor was violent toward her during his infamous New York hotel rampage are completely false, according to People magazine.

"Ms. Capri never made any allegation to the police of any wrongful conduct on the part of Mr. Sheen on the night of the incident and she had every opportunity to do so," Sheen's attorney

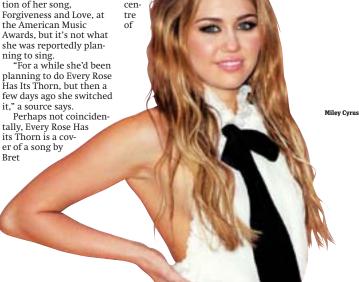
says.
"These allegations against Mr. Sheen are completely false, and are a blatant attempt to cash in on his celebrity.

Just the wrong song

PAINFUL? Miley Cyrus performed a heartfelt rendition of her song, Forgiveness and Love, at the American Music Awards, but it's not what she was reportedly plan-

Has Its Thorn, but then a it," a source says.

tally, Every Rose Has its Thorn is a cover of a song by Bret



Michaels' band, Poison —

and Michaels

was

the

rumored

to be at

Model: Parker hit on me too

Tony Parker has denied inappropriateness with a teammate's wife in the lead-up to his current divorce battle with Eva Longoria. But now another woman has come forward claiming to have received flirtatious text messages from the basketball star.

"From the minute he met me he was trying it on," British model Sophia Egeler tells the Sun. "I had no idea he was Eva Longoria's husband. He would not take no for an answer.'

Egeler claims Parker followed up their meeting by sending her racy pictures and texts, though she says the messages stopped last week when the divorce news broke.



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Overcomes destruction of his equipment from Tennessee floods to record album

Album reads like a love letter to wife, Nicole Kidman Perhaps his most personal one yet

Keith Urban had a difficult decision to make in the days after last spring's flood.

The rising Cumberland River wrecked just about every piece of equipment the country music superstar owned, from priceless vintage guitars to his favourite amps.

favourite amps.

He was scheduled to begin recording the tracks that would eventually become Get Closer, and he wasn't sure if he should just scrap the whole thing until later

"I think any musician

will tell you: Give us something to make music with and we make music," Urban said.

"It felt like we had some really good songs for this record. I felt really good about the songs. The band was ready. We had the studio booked. It wasn't that long ago I only owned one guitar anyway. I made a record with very few instruments in the beginning, so it was making the most of what we're given."

He borrowed a guitar from his guitar tech the first week and things went well enough that he decided to keep going

ed to keep going.

He added gear over the next few weeks, hitting eBay for a few guitars and amplifiers, and slowly expanded the sonic palette for the album. He used the first guitar he bought off the Internet to lay down the lilting, addictive riff on lead single, Put You in a Song, and never looked back.

"I thought, 'Well, let's explore new sounds, new guitars,' and I think from that a real different, not just a sound, but a different feeling came from this record," Urban said.

He ended up with per-

He ended up with perhaps his most personal album. The eight-track standard release issued by Capitol Records (there's a 15-song Target exclusive as well) reads like a love letter to his wife, Nicole Kidman, though Urban says the album is really about couples and draws from several wells.

Urban hasn't talked in great detail about his losses since that first week in May. He assumed most of his favourite guitars were dest▶ Urban greets fans before performing a free concert winners of a contest conducted by his Web site from Philadelphia to New York to publicize his CD, Get Clos

royed and it was a blow.

But over the six months since record rains led to 22 deaths in Tennessee and did more than \$2 billion US in damage in Nashville alone, luthier Joe Glaser has managed to save some of the most important pieces. Among them is a 1957 Les

Paul Goldtop, worth six figures before Urban bought it and much more now that his name is attached to it.

It's a special guitar with an unmatched sound and Glaser realized he was doing more than cleaning and gluing when he reclaimed it. THE ASSOCIATED PRESS





the woman behind Halle Berry's toned silhouette, gives Metro tips on getting ready for the big day:

- Exercise: any form of physical activity will clear your you feel better
- Eat Right: eliminate simple sugars and sodium before the big day to avoid feeling bloated.
- Hydrate: drink lots of water to keep energized and give your skin a glowing look METRO WORLD NEWS



Work it

How to get wedding fit

TWISTING LUNGE

Stand with feet hip-distance apart, holding lightweights in each hand. Take a large step backward with your left foot. Turn around, pivoting your right foot to the left, so that the left foot is now facing forward. Lower the weights to the floor, being careful to keep your left knee in line with the ankle. Pivot back to the centre and repeat on the opposite leg.

SOUATS

Stand with feet shoulderwidth apart, holding your dumbbells by your sides. Imagine you're about to sit in a chair-keeping your back straight, slowly squat down until your thighs are almost parallel with the floor. Slowly push yourself back into a standing position and re-

REACHING LUNGE

Stand with feet hipdistance apart, holding a light set of dumbbells Take a step forward with your left foot. Reach down to tap the weights to the floor in front of your left foot. Keep your left knee over your ankle and your hips high. Your body weight should be on the front foot. Push off and come back to a standing position.

LUNGES

Stand with feet hip-width apart, holding dumbbells by your sides. Take a normal step backward with your left foot, and then lower your hips.

METRO WORLD NEWS



• A personal trainer to the stars explains how you can look your best on the big day O If it worked for Penelope Cruz, it may work for you



"Your wedding is your big day, your moment to shine in front of your friends and family, you'll want to look your best," explains Gunnar Peterson, personal trainer to celebrities including Jennifer Lopez and Penelope Cruz.

Everything becomes magnified on your wedding day. Emotions become more intense and and every fat bulge, is meticulously captured on high-def camera.

The quality of film is so good that every little im-perfection is visible, from a wrinkle to a blemish. The bride and groom can feel self-conscious."

If you're comfortable in your own skin, turn the page. But if you need a little change, read on.

Getting ready for the big day

Most people make time before their wedding to get



into better shape. "People work well to a deadline, so a set date is the first step," says Peterson, who also believes that working towards a goal makes things more achievable. "Once you know you have six months to lose say ten or so kilos, you can devise a plan of action.

If you want quick re-sults, make changes to your fitness regime and integrate exercise into your day-to-day immediately. According to Petersen, you

could even jump the gun.
"A guy should start working out before he proposes and a girl should start working out as soon as she thinks the guy is about to propose."

Working it out

Treat your workout sessions as you would an appointment.

"Allow for an allocated time slot at a time of the day that you know works for you," says Peterson. Think about what kind

of body shape you want. Wedding clothes are figure hugging so aim to develop longer, leaner limbs. Peterson gets his clients to combine cardio vascular moves with light weights for the best results.

You want to be efficient combine 'big' moves such as squats and lunges with running or aerobics and

The honeymoon period

After the wedding, on your vacation, give in to indulgence, even if they are not the healthiest. You'll never get a free pass like this again. Sleep in and al-low yourself to drink moderate (moderate!) amounts of alcohol and don't fret if you are not doing as much exercise as you did prewedding. Don't, how ever, keep up this laid back routine once you are back home or all your hard efforts would have gone to waste.

weights to tone up and burn calorie," says Peter-son. "Make small changes, such as cutting out complex carbohydrates from your evening meal."

The reward?

"Eat cake at your wedding," says Peterson, "and have a glass of champagne to go with it."

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• Curcumin can prevent liver damage, says new study



Want to curry favour with your liver?

Eat lots of curcumin. This orange-coloured substance is found in turmeric, which is used as a spice in curry.

A laboratory study at

Saint Louis University has found that curcumin holds promise as a way to prevent or treat liver damage from an increasingly common condition called fatty liver disease.

It's estimated that 20 per cent of adults in Canada have a build-up of fat in their liver, a problem that is caused not by alcohol, but by obesity. Fatty liver

can become severe and lead to liver fibrosis, possibly cirrhosis and finally liver cancer and death. There are no symptoms of early liver disease.

Your liver is a vital organ, known as the body's

Though studies are preliminary, it looks like eating curcumin may help keep the liver healthy.



The kids are OK

▶ Fewer small kids in ER after removal of infants' cold medicines: Study ◆ Some still using the medicine

Removing cough and cold medicines for very young children from store shelves led to a big decline in emergency room visits for bad reactions to the drugs, U.S. government research found.

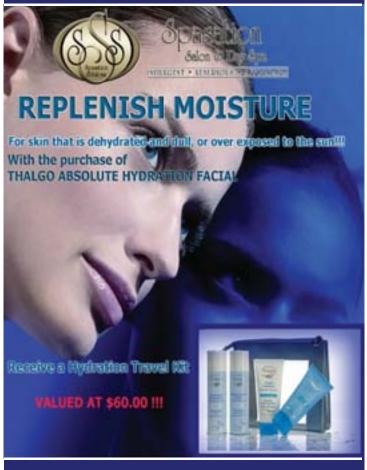
But the results released online Monday are a mixed bag: Some parents were still giving their infants and toddlers these medicines, and many ER cases still involved youngsters who apparently got hold of the medications themselves.

That suggests parents who stopped using them hadn't discarded old bottles or kept them out of reach after manufacturers voluntarily withdrew medicines labelled for infants and kids up to age two in 2007.

The bottom-line message: "Keep all medicines up and away and out of sight," said Dr. Daniel Budnitz, the study's senior author and a researcher at the Centers for Disease Control and Prevention.

THE ASSOCIATED PRESS





Yoga moves for thought

● Study shows that doing the downward dog can lead to an upswing in your mood ● The practice of yoga linked to neuro-chemical changes



Depressed? Anxious? Yoga might help.

A new study in Boston has found that yoga helps to improve mood more than walking does.

"Yoga has been shown to be helpful in a number of diseases associated with lifestyle choices, such as high blood pressure, obesity, diabetes, cancer, low back pain as well as depression and anxiety," says Dr. Chris Streeter from the division of psychiatry at Boston University school of medicine.

Streeter and his colleagues completed a study involving 34 healthy people, who were divided into two groups. Nineteen of the subjects did yoga and the other 15 walked.

The yoga group received

instruction on yoga poses for four weeks and then continued practising yoga regularly at home for another eight weeks.

The walkers walked for an hour three times a week for 12 weeks.

At the end of the study, scientists measured mood and anxiety in all subjects, and found that those who had been doing yoga had bigger improvements in mood than those who walked.

Researchers also measured levels of a neurotransmitter in the brain called GABA.

Low levels of GABA have been associated with depression and anxiety. In the study, yoga bumped up levels of GABA more than walking did.

Although Streeter does not recommend people on

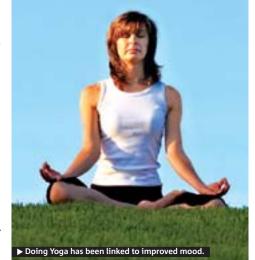
Breast cancer

Researchers in Singapore did a study of women who were getting radiation for breast cancer – surely one of the most stressful situations women face.

They found: Doing a yoga program was helpful in neutralizing psychiatric stress and DNA damage in these women. The study was published in 2007

anti-depressants stop taking their meds in favour of yoga, he does think yoga is a useful add-on.

"This study is important because it provided evidence that the practice of yoga is associated with chemical changes in the brain that are consistent with the changes seen



when people are treated with anti-depressants."

He also added: "All forms of exercise can be beneficial. The key is to do

it.'

The study was published in November in the Journal of Alternative and Complementary Medicine.



WANTED HEALTHY ADULTS TO COMPLETE A RESEARCH SURVEY *** \$20 COMPENSATION ***

Research Study Comparing Well Being and Functioning of Healthy Persons to Patients with Chronic Illness

What is the goal of the study?

The goal of the study is to compare the development, workplace performance, and mood of healthy persons to patients with inflammatory bowel disease.

Who can enter the study?

Healthy adults aged 25 – 30. Fluency in written English is required.

What are the participants asked to do?

Participants will need to complete a 20-30 minute survey about their childhood & adolescence, workplace performance and mood.

Are participants compensated?

Participants will be compensated with a \$20 gift certificate for returning the completed surveys.

Who can I contact for more information?

You may call 780-248-1433 or email survey@med.ualberta.ca to learn more about this study.



The Impact of Childhood Inflammatory Bowel Disease and the General Well Being and Societal Functioning in Early Adulthood

Department of Psychiatry, University of Alberta



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The massive Boisset Family Estates include French producers like Bouchard Aîné & Fils, and Louis Bernard along with vineyards in California.

With such a cornucopia of wine under the wing of owner Jean-Charles Boisset, it's hard to focus on just one for this col-

The 2008 Louis Bernard Côtes du Rhône (\$11.65 \$13.99) is a nice introduction to the Boisset group. A mix of grenache and syrah; it's a fall-like fresh, wine with oodles of red fruit berry great match for late season barbe cues

A healthy snack for Santa

• Pecans and whole wheat flour make these cinnamon cookies nutritious as well as tasty

Cookies are the perfect portion-controlled treat that — when enjoyed in moderation — can be a better option than a big

wedge of pie or cake. Of course, the add-ins for a cookie can also be its nutritional downfall, so rather than chocolate chips or other candy, you might want to add ingredients, such as nuts or dried fruits.

These classic, cookies are made with 100 per cent whole-wheat pastry flour and are laced with healthy, monounsaturated fat-rich pecans.

Preparation:

In a bowl, use an electric mixer on medium-high to beat butter, 125 ml (1/2 cup) of the granulated sugar and brown sugar until creamy. Add egg and vanilla and beat

- In a medium bowl, combine flour, baking powder and salt, then add to butter mixture. Beat on low speed until combined. Stir in pecans.
- Divide dough in half and use lightly floured hands to shape each portion into a 15-cm (6inch) log. Wrap each log in waxed paper and place in the freezer until firm at least 1 hour.
- Heat oven to 180 C (350 F). Unwrap dough and let stand at room temperature for 5 minutes. On a shallow plate combine remaining 50 ml (1/4 cup) granulated sugar and cinnamon. Roll logs in sugar mixture, then slice each into 24 5-mm (1/4-inch) thick cookies. Place cookies about 6 cm (2



1/2 inches) apart on ungreased baking sheets.

Bake, one batch at a time, until lightly browned, 10 to 12 minutes. Transfer to wire racks to cool. Makes 48 cookies

THE ASSOCIATED PRESS

Ingredients:

- 125 ml (1/2 cup or 1 stick) unsalted butter • 175 ml (3/4 cup) granulat-
- ed sugar, divided

light brown sugar

- 50 ml (1/4 cup) packed chopped pecans 7 ml (1 1/2 tsp) cinnamon
- 1 ml (1/4 tsp) salt • 250 ml (1 cup) finely

wheat pastry flour

• 5 ml (1 tsp) vanilla extract

• 300 ml (1 1/4 cups) whole-

• 5 ml (1 tsp) baking powder

• 1 large egg

Winnie the Pooh has a cookbook

At the New York Public Library, visitors to the Winnie-the-Pooh room are greeted by a mural of the bear and his friends sitting down to dinner.

"That's the iconic image that the publisher chose to welcome people into the room," says Elizabeth Bird.

Bird is the senior children's librarian at the institution, which is also home to the Pooh stuffed animals owned by the reallife Christopher Robin.

Food and friendship have always been central to A.A. Milne's classic tales. As a tribute to this no-

tion, Dutton publishing has reissued Virginia Ellison's 1969 book, The Winnie-the-Pooh Cookbook

Though the recipes for "smackerels," like honey toffee apples and easy honey buns, have been updated and purged of lard, the book still features original drawings by Ernest H. Shepard.

It is also interspersed with memorable quotes from Pooh and his friends. THE ASSOCIATED PRESS



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How We Met:

Janine & Matthew

Names: Janine, 30, and Matthew, 25

Current city:

Together since: 2008

Their story:

"I (Janine) was at a nightclub in Toronto with a guy friend, dancing and having fun. I was in-trigued by a group of about 30 guys in the corner of the club who were all decked out in threepiece suits.

I decided to go and ask

why they were all dressed up. The first guy I ap-proached was a handsome man named Matthew. He explained that they were there for a friend's bachelor party. We chatted a few moments and I told him to come find me on the dance floor. A little while later, Matthew came over to dance with me. My guy friend immediately shot him the evil eye. Matthew asked if he was my boyfriend, and I told him he was just a protective friend. My friend ended up getting super jealous and tried to pull Matthew and I apart. I wasn't ready to leave, so I turned to Matthew and asked if it would be okay if I hung out with him at the club. He said yes and we have been together since that night!"

WANT TO KNOW HOW YOU MET! GO TO 2FOR-COUPLES.COM NOW TO SUB-MIT YOUR LOVE STORY.



ITINERARY SAYS **SPONTANEITY**

Smug Marrieds

ANGELA PACIENZA & DEREK **CHEZZI**

2FORCOUPLES.COM TWITTER: @SMUGMARRIEDS



My partner and I are taking our first extended vacation together — a two-week over-seas trip. He's been planning every second of the trip. I just want to explore and discover things. I'm worried this is going to cause a huge fight. Help!

Angela says...

As a planner myself, I can totally understand where he's coming from.

But my beloved is like you and wants to spontaneously discover things. So I give him that time since it's our trip and not

my trip.
Is there a compromise you can reach aĥead of

I bet he'd be willing to build in cushion time around the schedule if he knew it was to enjoy gelato on a sidewalk cafe, a glass of vino in the piazza or get frisky somewhere naughty.

Derek says...

Let me ask: Who is responsible for organizing the travel brochures and booking the flights?

I know if those tasks were left up to me, every vacation would consist of

short-distance road trips. So, I leave the itinerary to Angela, because a) she's organized; b) I can't be bothered; and c) I don't want to have to hear "What are we doing today?" for the entire trip.

If your partner is the driving force behind this escape from reality, give it to them.

Besides, that schedule

isn't bulletproof.
If you drop a "Well, that doesn't sound terribly interesting" comment once in a while, and suggest you take a drive for the day to explore, you'll be amazed how easily you'll get what you want.

Pamper your parents

It's holiday shopping season, and you're almost done. There are just a couple of more gifts to buy, and you've been dreading them.

That's right, you're shop-ping for your parents. They haven't been very helpful either – all they've told you they want is grandchildren.

from Editors Red-FlagDeals.com, Canada's largest deals and shopping website, are here to help with some ideas for parentappropriate gifts:

- Good for Mom and Dad • A gift certificate to your parents' favourite restaurant.
- · Spontaneous quality time – show up unan-nounced and take your parents out to a restaurant.
- A GPS device. Go for a model that is simple and easy to operate.

Good for Dad

- A multi-tool. Dads like their gadgets. Moms like gadgets that don't fill up two rooms in a house. Everyone wins.
 • Game tickets to your
- dad's sports team of choice.
- A sampling pack from a local brewery. If you're the favourite son or daughter, you might complement this with a pack of steaks.

Good for Mom

• A nice perfume. Even if she doesn't use it often, a nice luxury gift will make her feel special.



• A gift certificate to a day spa. She'll feel pampered, and she'll get away from having to hear about your dad's new multi-tool.

• A digital picture frame. Preload this with family

photos, including some embarrassing child photos that she loves.

Your feelings on the photos are irrelevant.

It can take some creativity, but giving something back to your parents is more than worth the effort.

More holiday shopping ideas and ways to save money can be found online at RedFlagDeals.com.

NEWS CANADA

Avoid the ugly in family loans

Sometimes family is the only source for funds Put parameters on the loan so that it won't cost the relationship



Interest Savings	rates/ accounts
BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%

1.25%

ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



There's good, bad and ugly debt. Borrowing for an education or a home is good

debt, because you've got something to show for it and the asset will be appreciated. Bad debt is credit card or credit line debt when you don't know where the money went. Family debt, all too frequently, turns into ugly debt. But sometimes, fami-

> 41% According to study, 41 per cent of adults spend as much as 10 per cent of their income providing financial support to their 23 to 28 year olds.

ly is the only source of necessary funds. Here are four ways to make it work.

Put It On Paper

Time passes and even with the best of intentions people can forget or be con-fused about the terms of the loan. That won't happen if it's written up, signed, dated and a copy given to all parties. Repayment problems can still arise but at least the borrowing conditions will be indisputable.

Consider Interest

Most family loans are interest-free but, especially for young adults who may be first time borrowers, charging a small amount of interest teaches them what borrowing is all about.

Specify

A big irritant with family loans is when the money is borrowed for one purpose thing else. For instance, if you loan money to a sibling so they can buy a car for work or purchase clothes for a new job, but instead they go on an expensive vacation, it will create bad feelings between the two of

Include the loan's purpose right in the lending document. You probably can't prevent the borrower from blowing the dough but it keeps things clear.

Pav Directly

If you are contemplating lending money to a family member for a particular purpose and you're concerned the funds might get frittered away, bypass the borrower.

For example, if your grandchild needs braces, offer to pay for them directly. There may be some accusations about you being over-controlling, but stand your ground. It's your

Shop online to save this holiday season

Holiday parties, potlucks, and presents may mean your credit card will be the only thing getting a good workout this month. Though you try to be responsible and stay within your budget, somehow you manage to blow it every year. To help your finances through this month, here are some clever ways to avoid overspending.

Decide who you would like to buy presents for and don't veer off your list. Buying something for 'acquaintances' will just create



more stress for you.

Buy big rolls of wrapping paper instead of single sheets. Little things like gift tags, cards, and wrapping paper can really add up and will eventually just end up previous years or buy a large role of plain brown paper and dress it up with fancy bows and string. You can also make your own name tags by using decorative edge scissors.

Shop online at sites that let you sort potential gift purchases by price. Websites like ccfcanada.ca allow you to buy meaningful gifts for children living in extreme poverty around the world in honour of your loved one. NEWS CANADA

in the garbage. To reduce costs, reuse gift bags from



COMMIT TO YOUR STOCKS THE WARREN BUFFETT WAY



Warren Buffett is a billionaire because he stuck to a buy-and-hold and value instrategy. He's been extremely successful at picking quality stocks that grow steadily in the long term. According to Buffett, "Only buy something that you'd be perfectly happy to hold if the market shut down for 10 years.

The buy-and-hold approach to stock purchasing is fairly conservative in that the investor purchases very high-quality (non-risky) stocks and holds onto them for years. It is a long-term approach to investing and the investor makes money when the stock appreciates in value and through divi-dends. Because there's little trading involved, the investor doesn't hop from investment to investment. paying high fees and not re-alizing the stocks' full po-

Buffett couples this with the more active and slight-ly less conservative value investing approach. The same principles apply, but he takes it one step further. Buffett buys quality stock that is beaten down or undervalued due to economic conditions or short-term hiccups. According to Buffett, "Look at market flucrather than your enemy; profit from folly rather than participate in it."

To implement this strategy, investors must first understand and pay close attention to businesses that have been hit by short-term struggles. If it appears the company can overcome its challenge (and if the research supports this), then an investor can exploit low share prices. For example, many quality companies were hit hard by the finan-cial crisis of 2008-2009. Their share values plummeted even though their

fundamental qualities and business practices didn't change. Based on the fact that the quality was still intact, value investors jumped into the market in the trough, buying high-quality, undervalued stock.

The intension of a value investor isn't to make a quick buck; it's to buy low and hold bargain-priced high-quality stock. Buying high-quality stocks and holding them for the long term make both the buyand-hold and value-investapproaches ing

conservative to moderaterisk strategies. The types of stock that can be described as "high-quality" and "less-risky" generally include regulated Canadian businesses

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British Columbia

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- 2. Carpenters
- 3. Truck Drivers
- **Building Superintendents** 5. General Office Clerks STUDY
- 1. Baccalaureate of Nursing; University of Victoria, **British Columbia Institute of** Technology, University of **British Columbia**
- 2. Certificate or apprenticeship in carpentry; British Columbia Institute of Technology, Camosun College, Kwantlen University College, Vancouver Island University
- 3. High school diploma
- 4. High school diploma
- 5. High school diploma

Alberta

- 1. Heavy construction and carpentry contractors
- 2. Health-care professions such as RNs, physicians, occupational therapists, dentists, pharma-

- 3. Manufacturing process operators
- 4. Primary production
- 5. Facility operation and main-

tenance managers

STUDY

1. Calgary's Southern Alberta Institute of Technology, Edmonton's Northern Alberta Institute of Technology, or on**Ontario**

- 1. Civil engineering
- 2. Mining engineer 3. Paramedic
- 4. Civil Engineer 5. Mechanical

Engineer

the-job training.

2. Various levels of medical training, University of Alberta

3. High school, on the job

4. Bachelor's degree in

- 1. Bachelor's in civil engineering; McMaster University,
- Ryerson University 2. Bachelors in mining engineering; Queens University.
- 3. Paramedic diploma; Humber College, Algonquin
- College, Cambrian College 4. Bachelors in civil engineering McMas-
- ter University, University of Toronto, University of Ottawa, University of Guelph, Iniversity of Ottawa,
- rk University Mechanical er dearee. Uni-

Ottawa, yerson, Queens, Mclaster, Carleton

relevant field, job experience 5. Bachelor's degree in relevant field, job experience

Nova Scotia

- 1. Software Engineers and Designers
- 2. Aircraft Mechanics and
- Inspectors 3. Information Systems Ana-
- lysts and Consultants
- 4. Computer Engineers 5. Computer Programmers and Interactive Media De-
- velopers STUDY
- 1. Computer science degree; Dalhousie, Saint Mary's or MSVU
- 2. Aircraft maintenance engineer program; Nova Sco-
- tia Community College. 3. Computer science or re-
- lated degree; Dalhousie, Saint Mary's or MSVU 4. Bachelor's degree in computer engineering, electri-
- cal or electronics engineering, engineering physics or computer science; Dalhousie, Saint
- 5. Bachelor's degree in computer science; Dalhousie, Saint Mary's or MSVU

Mary's or MSVU



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Finding balance

Experts advise continuing ed students to keep calm and your eye on the prize • Make it an experience for the whole family to celebrate



Most adults struggle to balance work commitments with family obligations; add in a return to school and free time can quickly become the most expensive luxury in your

Metro asked on-theground experts for tips on calibrating a crazy sched-

Guillermo Acosta, the director of professional and continuing education at Humber College's business school, says his students sometimes struggle to keep afloat.

He reminds them to accept that adding continuing education will make life harried for a period, but to keep their eye on the prize.

Keep in mind that it's for a clear goal with a clear end date.

"When you see that what you are learning in a classroom can be applied the following day in your job, more than a burden, it becomes a help," he

He also reminds students they can adjust how many classes they do at once, depending on how quickly they want to complete their studies.

If the stress would be too great, take it one course at a time over a longer period.

Christie Schultz, the executive director of the learning engagement office at the University of Alberta, has taken continuing education courses herself.

She advises students with families to involve

"Communicate what your schedule is going to be like and when your deadlines are. It can really be helpful. Continuing education, as it becomes part of our life, becomes a family project. It can make the program fun and exciting for the whole family. It also gives an opportunity to celebrate together at the end of the course or program."

CHRISTINE SCHULTZ, UNIVERSITY OF ALBERTA

their spouses and children to make it a shared experience, rather than just one parent disappearing one night a week.

"Communicate your schedule is going to be like and when your deadlines are. It can really be helpful," she says. 'Continuing education, as it becomes part of our life, becomes a family project."

Schultz says it will be an extra burden on an already packed schedule for many people, but stu-dents should remember it is temporary and for the good of the entire family.

"It can make the program fun and exciting for the whole family. It also gives an opportunity to celebrate together at the end of the course or program," she says.



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Get help with investment

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liked g that it takes money to make money and that applies to furthering your education to start a second

If you plan to continue working with your current employer but in an advanced or different position, talk to your human resources department. Many will partially or fully fund the academic upgrade and could help you

The Canada Student Loans Program, which can explored Canlearn.ca, is an option if you're going to be a stu-



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There are lots of options to choose from when financing dent at a university, college or trade school worktoward a degree,

diploma or certificate. CSLP offers loans and grants for full- and parttime students. Interest kicks in at graduation, though you have a sixmonth grace period after you're done before you have to start paying them back. Typically the most you can borrow for an eight-month study period is \$7,140.

In Alberta, Students Finance administers the Alberta Student Funding Program as well as the Canada Student Loan and Grant Programs on behalf of the federal government. Funding is available for

Check it out

The Student Financial Assistance Estimator at Can-Learn.ca can give students an idea of how much they could qualify for.

both full- and part-time students but separate application forms are required. When you submit an application, you will be considered for funding from both the provincial and federal governments.

Alberta also has financial support for shorter occupational training in the form of income support or help with tuition. Go to alis.alberta.ca for more information.

When you've settled on a particular school, check out their website and student services department. There are a huge range of very specific bursaries and scholarships for which you might qualify. There are fewer bursary

or scholarship options if you're not going into fulltime education, but you can claim the cost of your tuition and some other expenses on your tax return. If you have an RRSP you can withdraw some of that to cover your costs.

Getting it right the second time

Some celebrated Canadians found their calling later in life



Sometimes people don't quite get their career paths right the first time and a bold leap of faith turns their life around.

Here's a look at some famous Canadians who changed jobs and changed their lives.

Stephen Lewis got into politics at age 26 and quickly got a seat in the Legislative Assembly of Ontario. The NDP leader stayed in the trenches of provincial politics throughout the 1970s before stepping down in 1978.

A few years later, prime minister Brian Mulroney made him Canada's ambassador to the UN.

That was followed by a stint at UNICEF and then as Kofi Annan's special envoy for HIV/AIDs in Africa, which led him to found the Stephen Lewis Foundation in 2003.

He has gone on to raise millions of dollars to help those fighting the effects of the disease.

Ken Dryden was on his way to a legal career when he decided to try his luck on the ice.

His university hockey career had been full of trophies and life proved no different with the Montreal Canadiens.

He played only seven full seasons in the 1970s, but won six Stanley Cups.

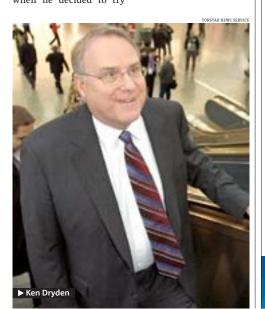
He retired at 31 and went on to enjoy a career as a writer, notably authoring The Game, before being elected to parliament in 2004.

Born in Edmonton, actor Lucy Decoutere found international fame in Halifax as Lucy, Ricky's onagain, off-again girlfriend in the Trailer Park Boys.

When the TV series ended, Decoutere retrained as a teacher and took a job at Bedford Academy in Nova Scotia.

Before classes started, her fake past caught up to her as an interview she did partially in character ran in a local newspaper and the school "parted ways" with the f-bomb dropping Decoutere.

Undaunted, she charted a third career path and is now happily training in the Canadian Forces as an aerospace controller.











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EDUCATION FOR THE REAL WORLD





HOW TO BUILD A TOOL KIT FOR GOING BACK TO SCHOOL

school for a while, returning to the hallowed halls of academia can create a tricky paper chase as you track down your records to show you're eligible. Experts suggest talking to the post-secondary institution to get a list of what you need.

Trevor Adams, program director for continuing education at Halifax's Saint Mary's University (SMU), says to first check that you have the appropriate prerequisite credentials to get into the program. He says you'll need to go through the requirements course by course, because even if you have the relevant undergrad degree, some courses expire after 10 years.

Students also need to have their existing official transcript sent to the new school. Even if you have a copy, it must be an institution-to-institution transac-

If you've been out of tion, so you'll need to contact the registrar from your former school.

"It's to help prevent ngs like forgery," things Adams explains.

It's good to sit down with someone like Adams to see what courses you may be exempt from and to figure out what life experiences might translate into some sort of credit through a process SMU calls PLAR - prior learning assessment recognition.

Adams says students should put everything on the table. "Some universities or colleges will give you credit for life experience. If you've been a manager at a bank or whatever, there is some value in that work," he says. "Leave no stone unturned. They may assume you need to start at level zero when in fact you could be getting credit for your first year of your new program." O JON TATTRIE

A few tips for making it work

Experts from across the country give second career advice



- 1. Take a personality and career test if you're not sure what you want your second career to be. University continuing education centres can help you match what you like to do with potential jobs and then find the right education to get you

- 4. Make sure it's a commitment you can manage before you sign up. It may be appealing to do it quickly, but the reality may overwhelm you. - Humber College,
- Toronto
- 5. Attend an information day to learn about how to apply for courses, how to finance your studies

life experience and write down all the courses and classes you've taken through work or in your free time. Also jot down work experience; you may be able to turn some of this into credits to save time and money.

- Saint Mary's Universitv. Halifax

7. Check out the distance learning options. You may be able to take your

- Mount Royal University, Alberta

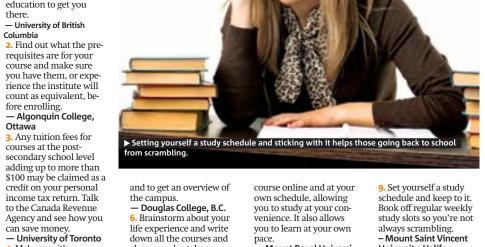
8. Know exactly what your learning expectations and needs are. The more specific the student can be about what she wants out of a course, the better a university or college can find the right match.

University of Ottawa

University, Halifax

10. Use web tools to keep in touch with your classmates Friend them on Facebook, follow them on Twitter and set up Skype study dates. That way you can create a virtual campus and help each other prepare for papers and exams.

University of Alberta







Starting over: A personal tale

• Five Canadians share their continuing education experiences as told to Teresa Kruze



James Milligan Vancouver, B.C. UBC Project Management Certificate

I worked at a major telecom company for over 12 years until I was laid off. I took a course in sustainability management and started my own company, Social Conscience Fair Trade Sports Balls. Having your own business is a struggle, but I feel like I'm making a difference in a small way.



Joan Dupuis Ottawa, Ontario Ottawa-Carleton Continuing Education

I'm 69 years old and currently working in automotive sales. When I was young, my dad made me quit school and work because there was no money. Now I'm back in class and really enjoying continuing education. I'd like to get into a business that helps the elderly. I'm not retiring yet, I'm too young!



Jeff Collins Halifax, Nova Scotia Dalhousie University College of Continuing Education

I was an out-of-work prosthetic specialist when my dog injured her knee. Unable to afford the surgery I made her a knee brace and came up with an idea for a company. After enrolling in continuing education I started a prosthetic service for dogs. I now travel the world teaching others the technology I pioneered.



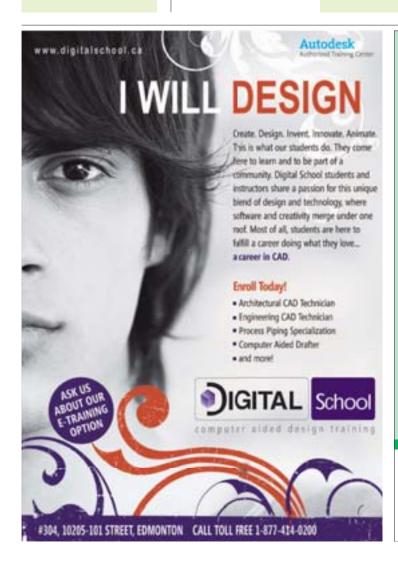
Tracey Mah-Gillies Calgary, Alberta Mount Royal University Continuing Education

In my first life I was social worker and stay at home mom. I went back to school and got my personal fitness trainers certificate and now I'm running my own business. Continuing education was way too much fun. Right now I'm looking at the brochure figuring out what I'll take next.



Murat Kaya Toronto, Ontario TDSB Continuing Education

I came to Canada as an aerospace engineer from Turkey. After the events of 9-11, Bombardier laid off 5,000 people. I went back to school to study and I am now an electrical engineer with Ontario Power Generation. Continuing education made me realize what kind of potential I have and where I can go.



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- MicroStation CADD

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Technology and timing are rapidly changing the way continuing education is delivered as schools think outside the box to make programs work for secondcareer students.

The University of Alberta took the bold step of creating a travelling library to bring the university to ordinary people way back in 1912. Today it's drawing inspiration from the TV game show Who Wants To Be A Millionaire?

Christie Schultz, the executive director of the learning engagement office, says it borrows the "ask the audience" feature to allow learners to provide real-time feedback to lecturers about comprehension levels, questions and to connect real-world events to classroom issues.

"You can see the answers your classmates are putting up and you can have a discussion about those responses," she says.

The university also uses 'svnchronous web conferencing" to bring leading global experts into the classroom via the Internet.

"It's not just about the tools. Excellent instructors, combined with exceptional support teams behind the scene, deserve much of the credit for innovative approaches in teaching and learning in continuing education,"

Schultz says. The University of Ottawa says that while the trend for the last few years has been to moving continuing education online, the Ontario university is moving the physical classroom to the students. An employer with a particular learning need contacts the university and they find an expert instructor among their 2,000 teachers. That lecturer then works with the employer to customize a course and deliver it on site at a time that works for everyone.

It taps into an existing appetite for face-to-face meetings and means only one person - the teacher moves, rather than dozens of students. It also allows Ottawa to greatly expand its reach; next year, it will a tailor-made deliver course on housing policy to government employees in Nunavut.

Canuck captures NL MVP award

Cincinnati Reds first baseman Joey Votto named league's top player

Joey Votto became the third Canadian player to win one of baseball's most valuable player awards by claiming the National League honours yesterday in a near unanimous vote over Albert Pujols.

The Cincinnati Reds first baseman from Toronto received 31 of the 32 first-place votes for 443 points, crushing the St. Louis Cardinals first baseman, who picked up the other first-place vote and finished with 279 points.

Carlos Gonzalez of the Colorado Rockies was third with 240 points in balloting by the Baseball Writers' Association of

"I didn't think it would be so conclusive," Votto said of his victory margin.

Votto and Larry Walker (1997) are the only Canadians to win the National League award. Iustin Morneau won the American League prize in 2006.

"There's something about having guys who have achieved before you that sets a bar you want to reach to," said Votto. "Lar-ry was that for a lot of younger players and, hopefully, I can play a little bit of that role, especially in the Toronto area, where ... we don't have a ton of talent coming up to the major league level.

"Maybe I can be a part of that in some way by letting people know that you can do it, you can get

The American League

Votto batted .324 with 37 homers, 113 RBIs and 106 runs scored in leading the Reds to their first NL Central title since 1995.

MVP will be revealed to-

Votto's remarkable season followed a 2009 campaign that interrupted by a bout of severe anxiety and depression issues.

One panic attack was so bad he called 911 at three or four in the morning and was taken to hospital because, "it got to the point where I thought I was going to die."

"It was a very, very scary and crazy night," Votto recalled on June 23, 2009, when he came off the disabled list and rejoined the Reds. "It was probably the scariest moment I had ever dealt with in my life."

The Reds wisely provided Votto with time off to deal with his problems and he missed about a month. He finished 2009 strong with a .322 batting average, 25 homers and 84

"I have overcome a lot, and I am pretty proud of myself," Votto said yesterday. "I had a really difficult time for me getting over the death of my father. It's still difficult for me now." THE CANADIAN PRESS





Quoted



"I don't even know if people in Saskatchewan gave us a chance two weeks ago ... you go through ups and downs in the season and people lose faith. but we never did." POLICHRIDERS RECEIVER ANDY FANTIIZ







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MINI EDMONTON

NHL

EACT	LEDM		IFERE	NCE
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	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strl
d-Philadelphia	22	14	6	2	0	78	55	30	9-4-0-0	5-2-2-0	7-2-1-0	W2
d-Washington	22	14	6	1	1	74	64	30	10-1-0-1	4-5-1-0	6-2-1-1	L3
d-Montreal	21	13	7	1	0	53	42	27	7-4-1-0	6-3-0-0	6-4-0-0	L1
Tampa Bay	21	12	7	2	0	65	65	26	5-2-1-0	7-5-1-0	5-5-0-0	W4
Pittsburgh	22	12	8	2	0	69	59	26	5-5-1-0	7-3-1-0	6-3-1-0	W3
NY Rangers	22	12	9	1	0	65	60	25	5-6-1-0	7-3-0-0	6-4-0-0	W2
Boston	19	11	6	0	2	55	38	24	4-4-0-2	7-2-0-0	4-4-0-2	L2
Ottawa	21	10	10	1	0	52	67	21	6-4-0-0	4-6-1-0	6-4-0-0	W1
Atlanta	21	9	9	1	2	68	73	21	5-5-0-1	4-4-1-1	4-5-0-1	W2
Carolina	20	9	9	0	2	63	68	20	5-3-0-1	4-6-0-1	4-4-0-2	L2
Toronto	20	8	9	1	2	47	55	19	6-4-1-1	2-5-0-1	3-5-0-2	W1
Buffalo	22	8	11	3	0	58	68	19	3-7-1-0	5-4-1-0	5-4-1-0	L1
Florida	19	9	10	0	0	52	48	18	5-3-0-0	4-7-0-0	5-5-0-0	L1
New Jersey	21	6	13	1	1	41	65	14	2-5-1-1	4-8-0-0	3-6-0-1	W1
NY Islanders	20	4	12	2	2	44	71	12	2-4-0-1	2-8-2-1	0-8-1-1	L13
WESTERN CO	NFE	REN	CE									

MF21FKM C	ONFE	KEN	CE									
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	18	13	3	1	1	66	48	28	9-1-1-1	4-2-0-0	8-1-1-0	W1
d-Los Angeles	20	13	7	0	0	61	49	26	8-1-0-0	5-6-0-0	6-4-0-0	L1
d-Colorado	20	12	7	1	0	72	60	25	6-4-0-0	5-4-1-0	7-3-0-0	W4
Columbus	19	13	6	0	0	55	44	26	6-5-0-0	7-1-0-0	7-3-0-0	W4
St. Louis	19	11	5	1	2	52	51	25	8-0-0-1	3-5-1-1	6-3-0-1	W2
Phoenix	20	10	5	4	1	57	59	25	4-2-2-1	6-3-2-0	7-1-1-1	W6
Chicago	23	11	10	1	1	71	67	24	5-7-0-0	6-3-1-1	4-5-0-1	W1
Vancouver	20	10	7	1	2	58	56	23	6-2-0-1	4-5-1-1	5-4-1-0	L4
Anaheim	23	10	10	2	1	57	69	23	7-3-0-1	3-7-2-0	5-3-2-0	L5
Minnesota	19	10	7	0	2	46	47	22	6-4-0-1	4-3-0-1	5-5-0-0	L1
San Jose	19	9	6	4	0	55	52	22	6-3-2-0	3-3-2-0	4-3-3-0	L3
Dallas	19	10	8	0	1	57	57	21	7-3-0-1	3-5-0-0	5-4-0-1	L2
Nashville	19	9	7	3	0	47	51	21	3-1-3-0	6-6-0-0	4-6-0-0	L1
Calgary	20	8	11	1	0	59	61	17	5-5-0-0	3-6-1-0	2-7-1-0	L2
Edmonton	19	5	10	1	3	49	77	14	2-5-0-1	3-5-1-2	2-6-1-1	W1

 d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results	
Toronto 4 Dallas 1	
New Jersey 5 Washington 0	
N.Y. Rangers 2 Calgary 1	
Philadelphia 3 Montreal 2	
Columbus 2 Nashville 0	
Ottawa 3 Los Angeles 2	
Tampa Bay 3 Boston 1	
Pittsburgh 3 Florida 2	

Sunday's results

Edmonton 4 Anaheim 2 Detroit 5 Calgary 4 (OT) Phoenix 3 Vancouver 2 Atlanta 2 N.Y. Islanders 1 (OT)

Tonight's games (All times Eastern) Edmonton at Phoenix, 9 p.m.

RANGERS 2, FLAMES 1

First Period

No Scoring. **Penalties** — Bourque Cal (interference) 0:14, Kostopoulos Cal (roughing), Sauer NYR (boarding) 7:10, Kostopoulos Cal, Sauer NYR (fighting) 10:13, Meyer Cal, Sauer NYR (fight-

(fighting) 10:13, Meyer Cal, Sauer NPK (fighting) 17:06, Callahan NYR (slashing) 18:12.

Second Period

1. N.Y. Rangers, Boyle 9 (Girardi) 2:08

2. Calgary, Iginla 9 (Bouwmeester, Stajan)

5:16

3. N.Y. Rangers, Girardi 2 (Stepan) 12:41 (pp)

Penalty — Glencross Cal (high-sticking) 12:27.

Third Period

No Srorina.

No Scoring. Penalty — Dubinsky NYR (high-sticking) 1:14. Shots

6 11 15 32 8 8 8 24 Goal — Calgary: Kiprusoff (L.7-10-1): N.Y. Rangers: Biron (W,5-2-0). Power plays (goals-chances) — Calgary: 0-2; N.Y. Rangers: 1-2. Att. — 17,845 (18,200) at New York.

FLYERS 3, CANADIENS 2

First Period 1. Montreal, Lapierre 3 (Pouliot, Halpern) 11:51

2. Montreal, Lapierre 4 (Pouliot, Halpern) 16:07

16:07

Penalty — Pronger Pha (cross-checking) 0:24.
Second Period

3. Philadelphia, Leino 4 (Briere, Hartnell) 14:53
Penalties — Harmlik Mtl (tripping) 0:15,
Pouliot Mtl (tripping) 5:58, Coburn Pha
(roughing) 16:55.
Third Period

4. Philadelphia, Giroux 12 (Powe, O'Donnell)

5. Philadelphia, van Riemsdyk 1 (Coburn, Richards) 7:42 **Penalties** — Halpern Mtl (slashing) 5:53, Hart-nell Pha (boarding) 7:13, Briere Pha (holding)

10:21. Shots Montreal Philadelphia 15 5 11 9 21 15 Goal — Montreal: Price (L,12-7-1); Philadel-

phia: Boucher (W,3-3-1). Power plays (goals-chances) — Montreal: 0-4; Philadelphia: 0-3. Att. — 19,753 (19,537) at Philadelphia.

LEAFS 4, STARS 1

First Period 1. Toronto, Kulemin 6 (Grabovski, Schenn)

Penalties — Barch Dal. Orr Tor (fighting) 2:26. Neal Dal (slashing) 7:24, Orr Tor (slashing)

cond Dorind

2. Toronto, Kulemin 7 (Grabovski, MacArthur)

2. Toronto, Kulemin 7 (Grabovski, MacArtht 14:05 3. Dallas, Richards 10 (Ott, Eriksson) 15:31 4. Toronto, Bozak 3 (Kadri, Versteeg) 17:07 Penalty – Kadri Tor (hooking) 10:11. Third Period 5. Toronto, Versteeg 6 19:49 (en)

Penalties - None. Shots

Att. - 19 266 at Toronto

SENS 3, KINGS 2

First Period
1. Ottawa, Kovalev 6 (Gonchar, Phillips) 10:00

2. Los Angeles, Kopitar 7, 16:17 Penalties - Smyth LA (fighting), Campoli Ott (fighting, roughing; served by Foligno) 6:19, Simmonds LA (tripping) 8:23.

Second Period
3. Los Angeles, Smyth 7 (Williams) 7:52 (pp)
4. Ottawa, Michalek 5 (Alfredsson) 19:04
Penalties — Phillips Ott (interference) 7:02,
Gonchar Ott (cross-checking) 8:40, Westgartt
LA, Neil Ott (fighting) 11:08, Winchester Ott (hooking) 19:50.

5. Ottawa, Spezza 6 (Kovalev, Carkner) 11:19 Penalties — Simmonds LA (high-sticking) 0:43, Hale Ott (interference) 14:04.

Los Angeles 12 7 11 8 7 4 Ortawa

6 oal — Los Angeles: Quick (L,11-3-0); Ottawa:
Leclaire (W,1-3-1). Power plays (goalschances) — Los Angeles: 1-5; Ottawa: 1-2.

Att. — 18,315 (19,153) at Ottawa.

SCORING LEADERS

	G	Α	PT
Stamkos, TB	20	15	35
Crosby, Pgh	15	20	35
St. Louis, TB	8	19	27
Semin, Wash	14	12	26
Ovechkin, Wash	10	16	26
B.Richards, Dal	10	15	25
D.Sedin, Vcr	12	12	24
C.Stewart, Col	11	13	24
M.Richards, Pha	9	15	24
H.Sedin, Vcr	2	22	24
Giroux, Pha	12	11	23
Perry, Ana	10	13	23
Roy, Buf	9	14	23
E.Staal, Car	9	14	23
Sharp, Chi	12	10	22
Eriksson, Dal	9	13	22
P.Kane, Chi	8	14	22
Selanne, Ana	8	14	22
Backstrom, Wash	7	15	22
Datsyuk, Det	7	15	22
Hejduk, Col	7	15	22
J.Williams, LA	9	12	21
Getzlaf, Ana	7	14	21
Ladd, Atl	7	14	21
Malkin, Pgh	7	14	21
P.Stastny, Col	8	12	20
Plekanec, Mtl	7	13	20
Zetterberg, Det	7	13	20
Kopitar, LA	7	13	19
Lidstrom, Det	3	17	20
Liles, Col	3	17	20
Dubinsky, NYR	12	7	19
Ryan, Ana	9	10	19
Neal, Dal	8	11	19
Byfuglien, Atl	7	12	19
Heatley, SJ	7	12	19
Toews, Chi	9	9	18
Alfredsson, Ott	8	10	18
Horton, Bos	8	10	18
Marleau, SJ	8	10	18
MacArthur, Tor	7	11	18
Letang, Pgh	3	15	18

CFL

98TH GREY CUP

WEEK 22

Sunday's game (All times Eastern) At Edmonton Montreal vs. Saskatchewan, 6:30 p.m

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result Sunderland 2 Everton 2

SPAIN

LA LIGA

Yesterday's results Getafe 1 Zaragoza 1

NBA

EASTERN CON	IFEKI	ENC	Ŀ								
ATLANTIC DIVISION											
	W	L	Pct	GB							
Boston	10	4	.714	_							
New York	6	8	.429	4							
Toronto	5	9	.357	5							
New Jersey	4	9	.308	51/2							
Philadelphia	3	10	.231	61/2							
SOUTHEAST DIV	/ISIOI	V									
	W	L	Pct	GB							
Orlando	9	4	.692	_							
Atlanta	8	6	.571	11/2							
Miami	8	6	.571	11/2							
Charlotte	5	8	.385	4							
Washington	4	8	.333	41/2							
CENTRAL DIVISI	ON										
	W	L	Pct	GB							
Chicago	7	4	.636	_							
Indiana	6	6	.500	11/2							
Cleveland	5	7	.417	21/2							
Detroit	5	8	.385	3							
Milwaukee	5	8	.385	3							
WESTERN COI	NFER	ENC	Œ								
SOUTHWEST DI	VISIO	N									

SOUTHWEST DIVISION									
	W	L	Pct	GI					
San Antonio	12	1	.923	-					
New Orleans	11	1	.917	1/					
Dallas	8	4	.667	31/					
Memphis	5	9	.357	7:/					
Houston	3	10	.231	9					
NORTHWEST	DIVISIO	N							

L Pct 4 .714 5 .667 6 .571 6 .538 11 .267 Oklahoma City Utah Portland Denver Minnesota 21/2

PACIFIC DIVISION

	W	L	Pct	G
L.A. Lakers	12	2	.857	-
Golden State	7	6	.538	41
Phoenix	7	7	.500	
Sacramento	4	9	.308	71
L.A. Clippers	1	13	.071	1
Lact night's results				

Last night's results
Boston 99 Atlanta 76
Indiana 93 Miami 77
Oklahoma City 117 Minnesota 107
Phoenix 123 Houston 116
San Antonio 106 Orlando 97
Utah 94 Sacramento 83
Denver at Golden State

New Orleans at L.A. Clippers Sunday's results

Sunday's results
Toronto 102 Boston 101
New Orleans 75 Sacramento 71
Detroit 115 Washington 110, 0T
L.A. Lakers 117 Golden State 89
Tonight's games
(All times Eastern)
Cleveland at Indiana 7 n m

Cleveland at Indiana, 7 p.m. Atlanta at New Jersey, 7 p.m. Philadelphia at Washington, 7 p.m. Charlotte at New York, 7:30 p.m. Detroit at Dallas, 8:30 p.m. Chicago at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

SCORING AVERAGE											
	G	FG	FT	PTS	AVG						
Durant, OKC	11	101	88	308	28.0						
Ellis, GOL	13	129	61	337	25.9						
Bryant, LAL	14	120	100	359	25.6						
Rose, CHI	11	109	45	277	25.2						
Nowitzki, DAL	12	112	64	293	24.4						
Anthony, DEN	13	117	73	317	24.4						
Martin, HOU	12	80	100	285	23.8						
Westbrook, OKC	13	95	111	305	23.5						
James, MIA	13	102	88	304	23.4						
Gordon, LAC	12	93	83	280	23.3						
Stoudemire, NYK	14	119	81	324	23.1						
Wade, MIA	12	91	82	275	22.9						
Gasol, LAL	14	127	65	319	22.8						
Scola, HOU	12	110	51	271	22.6						
Beasley, MIN	13	115	47	291	22.4						
Gay, MEM	14	121	44	307	21.9						
Bargnani, TOR	14	112	61	304	21.7						
Williams, UTA	14	98	87	302	21.6						
Howard, ORL	12	89	79	257	21.4						
Granger, IND	11	84	39	234	21.3						
Not including last	nigh	t's ga	mes								

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

CHICAGO WHITE SOX—Claimed RHP Waldis Joaquin off waivers from San Francisco.

NATIONAL LEAGUE

CINCINNATI REDS—Agreed to terms LHP Dontrelle Willis on a minor league contract. HOUSTON ASTROS-Named Tom Lawless manager, Don Alexander pitching coach, Stub-by Clapp hitting coach and Eric Montague ath-letic trainer for Corpus Christi (Texas). LOS ANGELES DODGERS-Named Dave Hansen hitting instructor, Trey Hillman bench coach, Davey Lopes first base coach and Tim Wallach third base coach. NEW YORK METS—Named Terry Collins man-

PHILADEPHIA PHILLIES—Named Mark Parent manager of Reading (EL), Mickey Morandini manager of Williamsport (N.Y.-Penn) and Chris Truby manager of Lakewood (SAL).

BASKETBALL

NBA

WASHINGTON WIZARDS—Signed G-F Alonzo Gee. Waived G Lester Hudson

NBA DEVELOPMENT LEAGUE

RIO GRANDE VALLEY VIPERS-Signed G Antonio Anderson, Waived C Jordan Eglseder,

FOOTBALL

LEAGUE OFFICE-Fined Oakland DL Richard Seymour \$25,000, for striking Pittsburgh QB Ben Roethlisberger in the helmet in a Nov. 20

CINCINNATI BENGALS—Placed S Chris Crocker and DE Frostee Rucker on the injured reserve list. Signed CB Jonathan Wade. Activated DE Antwan Odom.

MINNESOTA VIKINGS—Fired coach Brad Childress. Named Leslie Frazier interim coach.

HOCKEY

NEW JERSEY DEVILS—Recalled D Mark Fayne from Albany (AHL), American Hockey League SAN ANTONIO RAMPAGE—Assigned D Nick Ross to Las Vegas (ECHL).

ECHL

LEAGUE OFFICE—Suspended Elmira's Brennan Turner one game and fined him an undis-closed amount for his actions in a Nov. 21 game at Reading. Fined Toledo's Adam Keefe and Florida's Mike Egener undisclosed amounts for their actions in a Nov. 19 game at

LACROSSE

CALGARY ROUGHNECKS—Named Bob McMahon defensive coordinator MINNESOTA SWARM—Re-signed F Andrew

Watt and F Travis Hill to two-year contract ex-tensions and G Nick Patterson and D Matt Kelly to one-year contracts.

SOCCER

PORTLAND TIMBERS—Acquired D-MF Jeremy Hall from New York for a 2011 third-round draft pick. Acquired an international roster slot for the 2011 and 2012 seasons from the LA Galaxy in exchange for allocation money.

AMERICAN CONFERENCE

EAST						
N.Y. Jets New England Miami Buffalo	8 8 5 2	L 2 2 5	T 0 0 0	Pct .800 .800 .500 .200	PF 238 289 172 213	17: 24: 20: 27:
SOUTH						
Jacksonville Indianapolis Tennessee Houston	6 6 5 4	4 4 5 6	0 0 0	.600 .600 .500 .400	220 268 257 244	270 210 190 280
NORTH						
Baltimore Pittsburgh Cleveland Cincinnati	7 7 3 2	3 7 8	0 0 0	.700 .700 .300 .200	233 235 192 215	170 165 200 263
WEST						
Kansas City Oakland San Diego Denver	W 6 5 5	L 4 5 7	0 0 0 0	Pct .600 .500 .500 .300	PF 243 238 274 217	20 22 21 28

NATIONAL CONFEDENCE

INATIONAL	NATIONAL CONFERENCE							
EAST								
Philadelphia N.Y. Giants Washington Dallas	W 7 6 5 3	L 3 4 5 7	0 0 0 0	Pct .700 .600 .500 .300	PF 284 253 202 229	226 220 245 271		
SOUTH								
Atlanta New Orleans Tampa Bay Carolina	8 7 7 1	2 3 3 9	0 0 0	.800 .700 .700 .100	256 235 209 117	192 170 206 252		
NORTH								
Chicago Green Bay Minnesota Detroit	7 7 3 2	3 7 8	0 0 0	.700 .700 .300 .200	191 252 172 234	146 146 226 237		
WEST								
Seattle St. Louis San Francisco Arizona	W 5 4 3	£ 5 6 7 7	T 0 0 0	.500 .400 .300 .300	PF 185 177 160 188	233 198 219 292		

WEEK 11

WEEKT1
Last night's result
San Diego 35 Denver 14
Sunday's results
Atlanta 345 L. Louis 17
Baltimore 37 Carolina 13
Buffalo 49 Cincinnati 31
Dallas 35 Detroit 19
Green Bay 31 Minnesota 3
Jacksonville 24 Cleveland 20
Kansas City 31 Arizona 13
New Orleans 34 Seattle 19
New Orleans 34 Seattle 19
N.Y. Jets 30 Houston 27 N.Y. Jets 30 Houston 27 Pittsburgh 35 Oakland 3 Tampa Bay 21 San Francisco 0 Washington 19 Tennessee 16 (OT) Philadelphia 27 N.Y. Giants 17 Thursday's result

Chicago 16 Miami 0 WEEK 12

(All times Eastern)
Thursday, Nov. 25
New England at Detroit, 12:30 p.m. New Orleans at Dallas, 4:15 p.m. Cincinnati at N.Y. Jets, 8:20 p.m. Sunday, Nov. 28

Sunday, Nov. 28
Green Bay at Atlanta, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Washington, 1 p.m.
Pittsburgh at Buffalo, 1 p.m.
Carolina at Cleveland, 1 p.m.
Jacksonville at N.Y. Giants, 1 p.m.
Kansas City at Seattle, 4:05 p.m.
Milami at Oakland, 4:05 p.m.
Philadelphia at Chicago, 4:15 p.m.
St. Louis at Dewrey, 4:15 p.m.
Tampa Bay at Baltimore, 4:15 p.m.
Tampa Bay at Baltimore, 4:15 p.m.

San Diego at Indianapolis, 8:20 p.m. Monday, Nov. 29 San Francisco at Arizona, 8:30 p.m.



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Sudoku

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How to play

9. There is no math

Fill in the grid, so that every

row, every column and every

3x3 boxcintains the digits 1-

involved. You solve the puzze

with reasoning and logic.

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Crossword

1 Baseball headgear

5 Flaccid 9 That woman

12 Sandwich cookie

13 Declare

14 Massachusetts

cape

15 Football interplay

17 Carpet

18 Horse of another

color?

19 At that point

21 Bewildered

24 Cat call

25 Spiked club 26 Not rigid

30 Blunder

31 French seaport

32 Atmosphere 33 Brownish

songbirds 35 Dog bane?

36 Squad 37 Decorates unnec-

essarily

38 Desert plants

40 St. Vincent Millay

42 "This tastes awful!"

43 Acquired however possible

48 Sheltered side

49 Grand tale

50 Give a darn 51 1960s hallucino

52 Cold and clammy

53 Paradise

Down

1 Romaine lettuce 2 Curved line

3 Apiece

4 Evening get

together 5 Dalai 6 Terrible guy?

daughter

30

48

8 Alleged purpose 9 Nut 10 Session with a

shrink 11 Advantage

16 Extinct kin of the kiwi 20 polloi

21 lowa city 22 Bank bailout

acronym 23 Relieved an itch

24 Disarray

26 Gift-tag preposi-

49

16

26

37

45 Wander

46 Before

about

50

18

27 Kareem, long ago 7 "Family Guy 28 Told a whopper 29 Geological peri-

> 31 Cooked slowly in a closed pot

34 On pension (Ab-

br.) 35 Husband-to-be 37 Wildebeest 38 Select from a

group 39 Census statistics

40 Ireland

41 Wharf structure 44 Bookkeeper (Ab-

For today's crossword answers and for expanded horoscopes, go to metronews.ca

T Aires March 21-April 20 You may have to work twice as hard tomorrow to catch up on the things you should do today, but that's okay. If you're not in the mood to push yourself why force it?

Today's horoscope

Taurus April 23-May 21 Are you getting something back for the time and energy you are putting in to solving other people's problems? If not, you might like to reconsider your decision to help them.

II Gemni May 22-June 21 You don't need to tear everything down and start again. There is precious little wrong with your life as it is, despite what some people may be trying to tell you. Listen to their advice, but feel free to ignore it.

may seem as if your progress on the work front is limited. but it won't be long before you get some clear signs that you are on the verge of a breakthrough.

Ω Leo July 23-Aug.23 You seem it forever, you know.

TV Virgo Aug. 24- Sept. 22 You may be the victim of a whispering campaign, but there is no reason to get worked. Most likely it is one disgruntled person stirring things up. Everyone else still likes you.

Gancer June 22-July 22 It

to be having some heavy thoughts today. Most likely it's just the hangover from the party life you indulged in over the weekend finally catching up with you. You can't escape

← Libra sept. 23-0ct. 23 Saturn in your sign makes it difficult for you to understand why

people act in certain ways, but there's no point getting annoyed because you won't change them.

M Scorpio oct. 24-Nov. 22 You are at the halfway point of a project and must see it through. If you give up now, you will look back and wonder what might have been. Find that Scorpio staying power.

→ Sagittarius

Nov. 23-Dec. 21 The Sun's move into your sign has filled your head with seriously big plans but don't just throw yourself at them without any thought that's inviting disappointment. Take your time and get it right.

り Capricorn Dec. 22-Jan. 20

Some unfortunate person is going to be on the receiving end of your sharp tongue today. Once you've let off steam make a point of making up again. You need each other.

Aquarius Jan. 21-Feb. 18 Don't take anything too seriously today. Getting worked up about this or that injustice won't make things better. Stay calm and find practical ways to help. It's what you're good at.

)-(Pisces Feb. 19-March 20 You want to help people who are struggling but you also want them to learn to help themselves, so a balance will be necessary. The real effort must come from them. SALLY BROMPTON

KISS Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi Boo, Sorry I have to be away again and the week long trips are the worst. I miss you so much and can't wait to come home and snuggle.

LOVE YOUR BEAR

Glenna, I love you with all of my heart and I want to spend the rest of my life with you. You are the most beautiful person on the planet and I miss your card tricks by the way! LOVE, IOEL XOXOXO

gorde, I want to wish you a very happy birthday and promise this year will be better than the last.

Samantha babe, you are the most amazing person I've ever met. words cant describe my love for you. i love you, and i always will no matter what, cant wait for the months ahead! WITH LOTS OF LOVE - AARON

1 3 6 2 9

Yesterday's answer ▶

TUESDAY Min -27 Max -17°

WEDNESDAY Max -16°

Min -25

THURSDAY Min -17 Max -3°

Michele McDougall Weather Specialist "My favourite part is reporting the

4 6 5

weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Caption contest



WIN!

Write a funny caption for the image to the right and send it to metronews.ca - the winning caption will be published in tomorrow's Metro

write it!



BEST THING TO

NEW Crossword and Suduko updated daily.





AIR CANADA 🏶 VACATIONS

Deals of the Market Mar

NON-STOP FLIGHTS

MEXICO

Cancun/Riviera Maya Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm. Jan. 18 • 1 wk.



DOMINICAN REPUBLIC

Punta Cana via Calgary Occidental Grand

Punta Cana • 4 ★ All-Inclusive • Junior suite Jan. 4-25 • 1 wk.

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive Traditional standard rm. Dec. 30 • 1 wk. FREE upgrade to oceanfront rm.



FLIGHTS VIA TORONTO OR CALGARY

CUBA

Varadero via Calgary

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm. Jan. 9-23 • 1 wk.

GRENADA via Toronto

The Flambovant Hotel & Villas • 3 ★

All-Inclusive • Standard rm. Jan. 1 • 1 wk.

MEXICO

Ixtapa/Zihuatanejo via Calgary

Barceló Ixtapa Beach • 4 ★

All-Inclusive • Superior rm.

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4 ★

All-Inclusive

Air Canada Vacations - Deluxe garden view rm. Jan. 10 & 14 • 1 wk.

ST. MARTIN/ST. MAARTEN

via Toronto

Hotel Beach Plaza • 3 1/2 ★

Breakfast • Luxe island view rm. Jan. 8 - 29 • 1 wk.

\$1269

BAHAMAS

Nassau via Toronto

Sandals Royal Bahamian Spa Resort & Offshore Island EARN UP TO 3.000 BONUS AEROPLAN MILES‡

Luxury Included® Vacation Royal village deluxe rm. Jan. 16 & 23 • 1 wk. \$300 instant savings

USA

New York City Wyndham Garden Hotel Times Square South • 3 1/2 ★

Double one-bed rm. Jan 10 - 31 • 3 nts

\$799

Oahu via Vancouver Park Shore Waikiki An Agua Hotel • 3 ★

Savy Saver - Hotel rm.

Jan. 12 & 17 • 1 wk.

+Taxes & other fees: \$114

CRUISE

Carnival Cruise Lines Carnival Victory®

Southern Caribbean Cruise Flight to San Juan via Toronto Interior stateroom, cat. 4D Mar. 20 • 1 wk.



IBEROSTAR HOTELS & RESORTS

MEXICO

Cancun/Riviera Maya Iberostar Paraíso Beach • 4 *

All-Inclusive • Hotel rm. Jan. 18 • 1 wk.

JAMAICA

Iberostar Rose Hall Beach • 4 1/2 ★

All-Inclusive Standard garden view rm. Jan. 6. 13 & 20 • 1 wk.

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